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**DUGONG ALAY, DUGTONG BUHAY**  
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## In Cavite, curfew to stay even after lifting of ECQ – Remulla

Curfew will still be implemented in the province of Cavite even after the lifting of the enhanced community quarantine (ECQ), Governor Jonvic Remulla announced Thursday.

In his address, Remulla said those aged 12 and below will be required to stay home from 6:00 p.m. to 5:30 a.m.

Meanwhile, curfew will begin at 7:00 p.m. for those aged 13 to 18 while for the rest, curfew will start at 10 p.m.

As for students and those employed, they must secure authorization from their respective schools and companies so they would be allowed outdoors within the curfew hours, Remulla said.

On the other hand, self-employed individuals must

secure authorization from their respective city or municipal halls to be able to go on with their business or work, he added.

Remulla then said that drinking alcohol in public areas will remain prohibited even after the liquor ban is lifted. He noted that bars and restaurants selling liquor need to close down by 8:30 p.m. while social distancing needs to be practiced within their establishments.

"For the economy to work, what we need is confidence. Confidence in our leaders that they are on top of the situation.

Confidence in science that we use to eradicate the disease," the Cavite governor said.

"Mga kababayan, kaya nating talunin ang COVID-19. Ang solusyon para dito ay hindi mahahanap sa gobyerno o sa siyensiya lamang. Sa dulo ng lahat, kailangan natin makinig, makisama, at makiisa sa mga patakaran," he added.

(My fellow Cavitenos, we can defeat COVID-19. The solution cannot be found from the government or science alone. In the end, we need to listen, cooperate, and follow the rules.)

## As COVID-19 cases rise in Cavite, Remulla tells residents to prepare for lockdown

The province of Cavite may soon be placed under a lockdown as the number of coronavirus disease (COVID-19) cases in the area continues to increase.

Cavite Governor Jonvic Remulla, in a Facebook post on Monday, said he would suggest to the mayors to "start the lockdown sooner."

"Let's get ready. I will suggest that to the Mayors that we start the Lockdown sooner. Please prepare," he said.

Numbers That Justify a Lockdown Covid positive patients

usually take up to 2 weeks to show symptoms. Ang mga numero...

Posted by Jonvic Remulla on Sunday, April 26, 2020

He said he would also ask for additional reinforcement from the military.

"I will confer with the Mayors later and (get) consensus on lockdown rules. I will contact the Philippine Army later for additional reinforcements," Remulla said.

According to the governor, there are so far 161 confirmed COVID-19 cases in the province. "I take full responsibility for this. I should have enforced the

(vitamin-enriched enhanced community quarantine) earlier," he added.

President Rodrigo Duterte earlier extended the enhanced community quarantine in Metro Manila, Region 3, Calabarzon and other high-risk areas until May 15 while a general community quarantine was placed in areas listed as low-risk for the coronavirus. To date, Philippine health officials have so far recorded 7,579 COVID-19 cases in the country. Of the number, 862 patients have recovered while 501 have died.

## Distribution of DSWD's Social Amelioration Program continues in Carmona



The distribution of cash subsidy from the Social Amelioration Program (SAP) of the Department of Social Welfare and Development (DSWD) continues on April 27, 2020. This included the second batch comprising of 2,100 households of Barangay Milagrosa. For the schedule and details of the DSWD SAP distribution for succeeding barangays, further announcement will be released soon.

## Mobile Palengke continues at Barangay Bancal



The Carmona Mobile Palengke is continuously being implemented at Barangay Bancal stationed at Monte Carlo Townhomes, Core House, Terraverde Residences, and Covered Court. Bancal is the farthest barangay from markets in Carmona which made it a top priority for the said project. The mobile palengke is supervised by the Samahan ng Nagkakaisang Kababaihan ng Carmona, Inc. (SNKCI), a local non-governmental organization composed of women who also manages the Central Material Recovery Facility of the local government.

## Carmona LGU distributes seeds and seedlings to barangays



The local government of Carmona, through the Municipal Agriculture Office, delivered seeds and seedlings of legumes, bottle gourd, silk squash, radish, cabbage, mustard, tomato, pepper, ladies' fingers, and eggplant to the barangays on April 27, 2020. This is to help the residents who would like to plant to have additional source of food while the enhanced community quarantine is still being implemented in the whole Luzon.

Remember, you may choose your sin, but you cannot choose the consequences.

## HEALTHY HOME-WORKS FROM SM HOME

With most of us homebound these days, it's the best time to start good health habits by preparing nutritious meals for the family, and creating a wellness based lifestyle whose benefits we will enjoy beyond the quarantine. It's also the best time to rediscover the simple joys life and of doing things together.

SM Home, the one-stop shop for all of your home essentials, shares with us some healthy home-works from UN's Food and Agriculture Organization in maintaining a healthy lifestyle:

1. Prepare a Weekly Meal Plan and make a shopping list of items you need before you go to the store for your routine shopping. Create the list from the meal plan and include back up ingredients on your list in case your first choice is out of stock. Limit the list on buying the essentials.

2. Stock up on nutrition-packed food such as whole grains, breads, and fresh fruits and vegetables; and staples like sauces, milk, eggs, spices and condiments. Fresh products should be consumed first. Frozen fruits and vegetables as well as canned vegetables and fruits are good alternatives as these have a longer shelf life.

3. Build up a stock of healthy snacks for your children -



Stay home and create a new dining experience in the living room with your favourite family dish.

yogurt, nuts, cheese, chopped or dried fruits, boiled eggs and more. Stock them up in a stackable glass container to seal freshness and label them.

4. Continue to practice Food Hygiene and Safety. Wash fruits and vegetables under running water and dry it with vegetable spinner; use separate chopping boards for meat and seafood as you prepare the meal; and don't forget to wash your hands thoroughly with soap and water for 20 seconds before and after preparing your meal.

5. Drink water regularly and stay hydrated by drinking 6-8 glasses a day to boost your immune system.

6. Make cooking and eating together a family habit. Kids can help wash and sort the ingredients and set the table before the meal. This creates a healthy routine and fun bonding with the whole family. Also practice mindful eating and stay away from processed food.

Enjoy healthy home-works and memorable meals together with home essentials from SM Home. These are available at the [smhome.com.ph](http://smhome.com.ph) and shoppers can now place their order online through the [thesmstore.com](http://thesmstore.com) and ShopSM app. For more info and updates, follow them at SM Home at the SM Store in Instagram or visit [thesmstore.com](http://thesmstore.com) website.



Juice up to boost your immune system with this handy Oster Mason Jar Blender. Available at [thesmstore.com](http://thesmstore.com) and ShopSM app.



Wash and dry vegetables thoroughly with this Gondol Vega Salad Spinner.



Prepare hearty meals with this bake dish known for its oven to table convenience.

## CITY GOVERNMENT OF BACOOR IMPLEMENTS BARANGAY CLUSTERING SCHEME AT SM SUPERMARKET – SM CITY BACOOR

SM CITY BACOOR, CAVITE – To ensure the safety of the public, the City Government of Bacoor imposed a Barangay Clustering Scheme for the shoppers of SM Supermarket-City Bacoor from April 24, 2020. Three clusters are formed to implement the news schedule for SM Supermarket shoppers in which each cluster will be given two days to purchase all essential items their household needs.

Aside from the scheme, strict implementation of the No Mask, No Quarantine Pass No Entry is implemented with the help of SM City Bacoor's Operations and CRS Department. Inspections also are done by the LGU and PNP-Bacoor to ensure that social distancing and other guidelines are properly executed within the premises of the mall.

### BARANGAY CLUSTERING SCHEME SM BACOOR SUPERMARKET

#### CLUSTER A

Tuesday/Friday

Dulong Bayan	Panapaan 6
Habay 1	Panapaan 7
Habay 2	Panapaan 8
Mabolo 1	Real 1
Mabolo 2	Real 2
Mabolo 3	Salinas 1
Mambog 5	Salinas 2
Panapaan 4	Salinas 3
Panapaan 5	Salinas 4

#### CLUSTER B

Wednesday/Saturday

Alima	Niog 2
Banalo	Panapaan 1
Camposanto	Panapaan 2
Daang Bukid	Panapaan 3
Digman	Sineguelasan
Kaingen	Tabing Dagat
Maliksi 1	Talaba 1
Maliksi 2	Talaba 2
Maliksi 3	Talaba 3
Niog 1	Talaba 7

#### CLUSTER C

Thursday/Sunday

Aniban 1	San Nicolas 2
Aniban 2	San Nicolas 3
Aniban 3	Talaba 4
Aniban 4	Talaba 5
Aniban 5	Talaba 6
Ligas 1	Zapote 1
Ligas 2	Zapote 2
Ligas 3	Zapote 3
Niog 3	Zapote 4
San Nicolas 1	Zapote 5

Monday: FREE DAY (Any Barangay)

Simula **APRIL 24 hanggang APRIL 30**  
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# Laban sa COVID-19: MAAYOS NA PANGANGALAGA ANG SUSI NG PAGGALING



## KATROPA N'YO Vic Billones III

**S**inasabing wala pang gamot na natutuklasan ang mga dalubhasa sa siyensya ng medisina kontra COVID-19 (pandemic.) Ang tanong: Bakit maraming gumagaling sa mga nag-positibo sa 'virus' na Ito? Ibig sabihin, epektibo ang ginagawang proseso ng paggagamot ng mga doktor sa kanilang 'COVID-19 patients!

Kung gayun, ito siguro ang dapat ding tutukan ng siyensya at pag-aralang mabuti ang mga hakbang kung papaano nagagawa na maka-'survive' ang 'COVID-19 patients' gayong wala pa namang 'vaccine' na inilalapat sa pasyente kontra sa sakit na ito. Sa katunayan, mas lamang ang bilang ng mga biktima ng 'COVID-19' ang gumagaling kaysa sa namamatay, at ito ay isang patunay na ang tamang pangangalaga ng mga doktor sa kanilang pasyente ang daan upang magkaroon ng pangalawang pagkakataong mabuhay pa ang biktima ng 'virus' na Ito.

Hindi naman sa tayo ay nagmamagaling kundi napapansin lang natin na kahit nga wala pa yang 'vaccine' kontra 'COVID-19' ay eto nga at nakatutuwang makita sa mga lumalabas na 'COVID-19 pandemic reports,' na mas higit ang bilang ng gumagaling kaysa sa mga sinawing-palad na maka-'survive' mula sa 'pandemic' na Ito.

Kung ang pamamaraang ito ay mapag-aaralang mabuti ng mga mananaliksik pangkalusugan ay baka ito na nga ang gamot laban dito sa 'unseen virus' na Ito, na pwedeng ituro sa mga 'health workers' upang magkaroon ng magandang sistema at tamang proseso ang gamutan kontra 'COVID-19.' At siyempre ang gamot para palakasin ang ating 'immune system' kontra

## DOST REGION 2 DIRECTOR TRUMPETS S AND T INITIATED AMIDST COVID 19 CRISIS

**T**UGUEGARAO CITY -- Department of Science and Technology Region 02 (DOST-RO2) Director Sancho A. Maborang takes pride in the initiatives of their agency in combatting the health crisis brought about by the COVID-19 pandemic in his recent radio interview here.

Interviewed over Bombo Radyo Tuguegarao last April 28, Maborang trumpeted the efforts of DOST in ensuring the continuous production by their micro-, small and medium enterprises (MSME)-beneficiaries particularly those engaged in essential products and services.

Among these MSMEs are those producing Immuno-booster food, drinks and related products including Turmeric powder, Calamansi Juice, and Banana Chips that are purchased by some local government units (LGUs) for distribution to frontliners in various areas.

To support the MSMEs, DOST-RO2, despite the Enhanced Community Quarantine, released Php41 million of its Innovation Fund this April to 43 MSMEs under its banner program, Small Enterprise Technology Upgrading Program (SETUP).

Maborang said the fund support will sustain their SETUP



“”

Asahan niyo po na ang ahensya ng Agham at Teknolohiya ay **tuluy-tuluy ang trabaho** kahit na ECQ at GCQ man tayo, **di tayo titigil para humanap ng solusyon**, lalo na ngayong napakarami nating problema.

ENGR. SANCHO A. MABORANG  
DOST Region 02, Director



Sir Vicente A. Ole

'COVID-19' ay kailangan pa rin natin.

Tsk! Tsk! Tsk! Walang tinukoy na 'specific' na gamot si Sir Ole sa kanyang artikulo, kundi anya, ito ay iyung pamamaraan lang ng mga Doctor kung papaano i-'handle' ang isang pasyente ng Corona Virus, at gumaling, gayung wala namang 'cure vaccine' na ginamit. Samakatuwid nasa maayos na pamamaraan ng paghawak at pamamahala ng mga mangagamot ang solusyon. Iyan ang dapat tingnan ng pamahalaan. kaysa gumastos ng ilang milyong peso sa pagiimbento ng mga gamot na hindi malaman kung kailan pa magagamit. Salamat sa ulat mo Sir Vicente A, Ole ng Maria Theresa Colegio De Zambales. Mabuhay ka!

\*\*\*

### MGA SARI-SARI STORES SA LSJDM SINUPORTAHAN

Puntahan natin ang Lungsod ng San Jose Del Monte (LSJDM,) kung saan humigit-kumulang sa 200 tindahan o negosyo ang naapektuhan ng Enhanced Community Quarantine (ECQ) ang nabigyan ng tulong sa pamamagitan ng programang 'Tindahan ni Maria.' Dama ni Congresswoman Rida Robes ng LSJDM, ang malaking epekto sa mga nasabing kalakalan. Kaya ang kanyang dalawang buwang sahod mula beneficiaries that also benefits their workers and their suppliers of raw materials, especially in this time of the pandemic. As further support for its SETUP beneficiaries, DOST has also deferred the payment of their loans from April to June this year.

In addition, he said DOST-RO2 is also working with the Department of Trade and Industry and the Department of Agriculture on the "KADIWA ng Ani at Kita" program which enables the MSMEs to display their products for promotion and marketing.

Furthermore, the DOST Regional Director also highlighted the benefits of the OneStore.ph program they developed, an e-commerce platform that helps market products of MSMEs for free. Despite the temporary suspension of some logistics companies, he said the self-enabled MSMEs are still able to deliver their products to their customers.

In the search for the cure for COVID-19, Maborang said DOST is now conducting clinical trials on virgin coconut oil (VCO) that is believe to have anti-viral and anti-microbial properties that can help deter the spread of the current pandemic contagion.

He likewise cited the continuous production of 70% alcohol at their DOST-Isabela State University (ISU) facility, and the utilization of their Hybrid Electric Road Train (HERT) and E-trikes that provide free transportation for front liners in Cauayan City and Tuguegarao City, respectively.

"Asahan niyo po na ang ahensya ng Agham at Teknolohiya ay tuluy-tuloy ang trabaho kahit na ECQ at GCQ man tayo, di tayo titigil para humanap ng solusyon, lalo na ngayong napakarami nating problema," (Please be assured that DOST continues its work, and despite the ECQ and DCQ we will not stop to fine solutions to our current problems), he said.

**ARTHUR T. BANTOTO**

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(Formerly Libertad St.), Pasay City  
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sa Kongreso, ay kanyang ibinahagi sa mga negosyong naapeksuhan ng ECQ. Binigyan niya ng tig-3,000 pisong cash at grocery items. Batay sa ulat na ating natunghayan, umaabot sa mahigit na 200 tindahan na sari-sari stores sa 59 na Barangay ng nasabing Lungsod.

Ipa pa, muling ininspeksyon ni Mayor Arthur Robes, ang patuloy na pagre-repack ng Emergency Food Package upang masiguro na maayos ang kalagayan ng mga ipamamahaging ayuda sa ating mga kababayan mula sa ating Lokal na Pamahalaan, kamakilan. Ika nga ng ulat: 'Sama-sama, tulong-tulong sa Pagbangon.'

Tsk! Tsk! Tsk! Wala na akong masasabi sa magaganda ninyong ginagawa sa bayan. Mabuhay kayong lahat!

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AttyRoyMLoyola carmonalgu

**COVID-19 Curfew Ordinance of Carmona, Cavite**

Mga dapat tandaan tungkol sa Municipal Ordinance No. 04-2020

**Carmona LGU shares information regarding COVID-19 Ordinances:** The local government of Carmona released on April 29, 2020 detailed information regarding Municipal Ordinance No. 04-2020 or the COVID-19 Curfew Ordinance, Municipal Ordinance No. 05-2020 or the Liquor Ban Ordinance, Municipal Ordinance No. 06-2020 or the Mandatory Wearing of Face Mask due to COVID-19 Ordinance, Municipal Ordinance No. 07-2020 or the COVID-19 Anti-Discrimination Ordinance, and the Municipal Ordinance No. 08-2020 or the COVID-19 ECQ and Social Distancing Ordinance of Carmona, Cavite. These include descriptions of the Ordinances as well as its penalties.



**NGOs and companies continue to donate to Carmona frontliners and residents:** On April 28, 2020, non-government organizations and companies continue to help frontliners and residents in Carmona through various donations such as boxes of lemons, sacks of rice, and personal protective equipment (PPEs).



**Carmona MHO continues to conduct free routine immunization for infants:** The Carmona Municipal Health Office (MHO) continuously went house-to-house to implement a routine immunization program for infants on April 29, 2020. These include immunizations for BCG, Penta, OPV, IPV, and Measles.



**Carmona IATF holds meeting on the ongoing efforts of the LGU against COVID-19:** The members of the Carmona Inter-Agency Task Force (IATF) on coronavirus disease (COVID-19) headed by Mayor Roy M. Loyola conducted a meeting on April 28, 2020 at the Municipal Penthouse to discuss about the updates and suggested future steps of the local government against COVID-19.