

Fwd: Stop nCoV infographic

Inbox



DepEd CAR Public Affairs Unit Channel

2:54 PM (28 minutes ago)

to JAN, Deped, bernie.gamiao, sgod, DepEd, me, Elaine, Christopher, SDS, STEPHEN, NERISS A, ifugao, NOVELYN, DepEd, Michelle, MERLYNE, DepEd, andres.cuyasan, Grace, giselle.ocya den, Deped, RAMONCHITO, Ana, anamarie.bucahan

Dear SDOs/Health Personnel/ Information Officers,

This is to provide you with a copy of the infographic on the preventive measures against the spread of the novel coronavirus (nCoV). It is requested that the poster be displayed in the regional and division offices, schools, and other conspicuous areas.

It is also suggested that the content be translated into local languages in division, hence an editable copy of the poster is also attached (can be opened with Adobe Photoshop). The localized version may follow the template of the Filipino version since it does not have the STOP NCOV acronym (for easier editing).


Do let us know how public information and awareness campaigns are strengthened and being done in your offices and schools (as per DM No. 15, series 2020) by posting on your official Facebook Page (DepEd Tayo pages) and tag/sharing it to the DepEd Tayo Cordillera Facebook Page.

Thank you very much, and keep safe!

Regards,

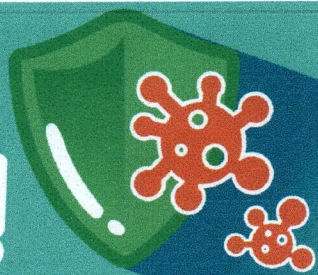
Georaloy I. Palao-ay
Public Affairs Officer
DepEd CAR

To: All School Administrators, Principals & Teachers In-Charge
(Elementary & Secondary)
FOR YOUR INFORMATION & APPROPRIATE ACTION



MARIE CAROLYN B. VERANO, CESO VI
Schools Division Superintendent

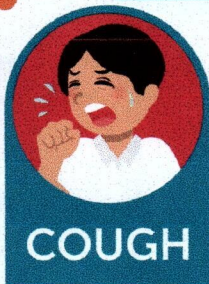
PROTECT YOURSELF FROM CORONAVIRUS!



SYMPTOMS



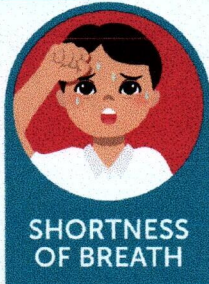
FEVER



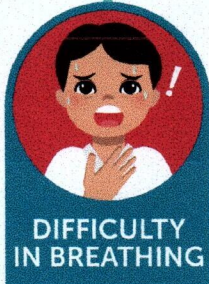
COUGH



COLDS



SHORTNESS OF BREATH



DIFFICULTY IN BREATHING

OBSERVE THE FOLLOWING PREVENTIVE MEASURES

See a doctor if symptoms of cough and colds persist 

Take 8 to 10 glasses of water daily 

One's health is important. Maintain a healthy lifestyle and a clean environment 

Prepare healthy and well-cooked meals 

Never forget to cover your mouth and nose when coughing or sneezing 

Crowded places and contact with farm and wild animals should be avoided 

Observe proper handwashing techniques (with soap and water) regularly 

Vitamin C supplements and vitamin C-rich fruits and vegetables should be taken daily 

FOR MORE INFORMATION, YOU MAY CONTACT THE FOLLOWING HOTLINES:

Department of Health: 8711-1001 to 1002

DepEd Public Assistance and Action Center: 8636-1663 / 8633-1942

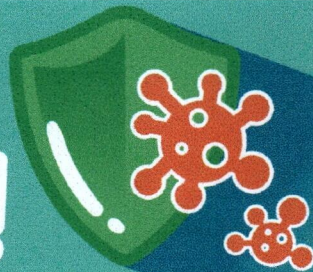
DepEd School Health Division: 8-632-9935

DepEd Disaster Risk Reduction and Management Service: 8637-4933

Visit www.deped.gov.ph/stopncov for more updates and health tips



PIGLAN ANG PAGKALAT NG CORONAVIRUS!



SINTOMAS



LAGNAT



UBO



SIPON



PAGHINGAL



HIRAP SA
PAGHINGA

SUNDIN ANG MGA SUMUSUNOD NA HAKBANG UPANG MAIWASAN ANG NCOV

1 Agad na **KUMONSULTA SA DOKTOR** kung may sintomas ng ubo at sipon



2 **UMINOM** ng 8 hanggang 10 baso ng tubig araw-araw



3 **PANATILIHING MALUSOG** ang pangangatawan at **MALINIS** ang kapaligiran



4 **LUTUIN NANG MABUTI** ang pagkain gaya ng karne at itlog



5 Huwag kalimutang **TAKPAN ANG BIBIG AT ILONG** kung uubo o babahing



6 **IWASAN ANG MGA MATATAONG LUGAR** at ang hindi protektadong pakikipagsalamuha sa mga hayop



7 **UGALIIN ANG MADALAS AT WASTONG PAGHUHUGAS** ng kamay gamit ang sabon at tubig



8 Mainam na **KUMAIN NG MGA PRUTAS AT GULAY** na hitik sa vitamin C



PARA SA KARAGDAGANG IMPORMASYON, MAAARING TAWAGAN ANG MGA SUMUSUNOD:

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Bisitahin ang www.deped.gov.ph/stopncov para sa mga update at health tip