

COVID-19 HOTLINES



DILG/DOH Hotline: (02) 894 26843, for immediate consultation

for PLDT, Smart Sun, and TNT subscribers, call 1555



TALK TO KIRA OUR FRIENDLY COVID-19 CHATBOT!

DOH Facebook Messenger: <http://m.me/OfficialDOHgov>

DOH Viber: <https://www.viber.com/phkontracovid>

KontraCOVID PH webapp: <http://www.kontracovid.ph>

REPORT VIOLENCE AND ABUSE AGAINST WOMEN AND CHILDREN



Child Guard (toll free):

PLDT/Smart: 163

Globe: #163

PHILIPPINES NATIONAL

POLICE HOTLINE: 117

PNP ALENG PULIS HOTLINE (24/7):

Landline : (8) 532 6690

Smart : 0919 777 7377

Globe : 0966 725 5961

ABOUT PLAN INTERNATIONAL

Plan International is a developmental and humanitarian organization, promoting children's rights and equality for girls.

SEND YOUR RESPONSES, SUGGESTIONS, OR QUESTIONS USING TEXT:

STEP 1: SUBSCRIBE

Send **YES** to Globe/TM: 21 588 646 ; or Smart/Sun/TNT: 225 658 646

You will receive a text message confirming your subscription to Plan International Philippines.

STEP 2: SEND A TEXT MESSAGE

NAME(OPTIONAL)<space>GENDER<space>
AGE<space>NAME OF MUNICIPALITY OR CITY<space>YOUR MESSAGE

*You can always send an anonymous message.
Your message will remain confidential.*



COVID-19

PROTECTION GUIDELINES

COVID-19 EMERGENCY RESPONSE

<https://plan-international.org/philippines>

Plan International Philippines @planphilippines

feedback.PHL@plan-international.org



THINGS WE CAN DO TO PREVENT THE SPREAD OF COVID-19

If there were ever a perfect time to practice good hand hygiene and sneeze or cough etiquette, it's now. Here's how you do it!

HOW TO SNEEZE AND COUGH PROPERLY

When you sneeze or cough into the air, you can actually send germs as far as 3 to 6 feet in front of you, so follow the sneeze or cough etiquette below:

- ✓ Always bring a handkerchief or tissue everywhere
- ✓ Cover the entire nose and mouth with a handkerchief or tissue when you sneeze or cough
- ✓ Use your sleeve or inside of your elbow as an alternative to cover up when you sneeze or cough
- ✓ Always turn your face away from people around you when coughing or sneezing
- ✓ Stay away from people if they sneeze or cough
- ✓ Do not spit anywhere
- ✓ Place your used tissue immediately into the trash
- ✓ Always wash your hands thoroughly using water and soap after you sneeze or cough
- ✓ Use hand sanitizer or alcohol as an alternative to wash your hands
- ✓ Wear a mask, especially when you are sick
- ✓ Always travel with a few spare face masks to swap out

HOW TO WASH YOUR HANDS PROPERLY

Proper and regular hand washing is an effective way to prevent the spread of COVID-19. Follow this guideline below to wash your hands properly:



Wet your hands with clean water and rinse



Rub the nails



Rub between the thumbs



Rub around the tips of the fingers on both sides



Do these steps thoroughly for at least 20 seconds



Rinse well with clean water and pat dry



WHAT IS SOCIAL DISTANCING?

Social Distancing is an effort to reduce close contact with other people. Maintain at least a 1-metre distance between yourself and others to reduce risk of infection from coughing, sneezing or speaking. Maintain an even greater distance between yourself and others when indoors. The farther away, the better to prevent the spread of the virus, especially to your loved ones.

DURING THE COVID-19 PANDEMIC, AVOID THE FOLLOWING:



Going to crowded places and attending unimportant gatherings.



Doing common greetings, such as handshakes, kisses, and hugs.



Having an interaction with people at risk such as the elderly and those who are clinically vulnerable.

HOW TO KEEP SOCIALLY ACTIVE WHILE APPLYING SOCIAL DISTANCING:



WAVE! Just wave when you see your friends from afar.



STAY! Keep yourself inside your house and only leave the house when it is necessary.



COMMUNICATE! Text, chat, or call rather than visiting your relatives and friends in person.

PLAN INTERNATIONAL

This guide is from the Department of Health (2020). It was only edited and translated by Plan International Philippines for distribution to communities in different parts of the Philippines.