



DOH ADVISORY

March 20, 2021

FOR THE PUBLIC AMID RISE IN CASES

With the Philippines recording 7,999 cases—the highest recorded single day case count—the Department of Health (DOH) calls on the public to suspend non-essential travel and ensure strict adherence to minimum public health standards (MPHS) across ALL settings. The public is further advised to observe the following reminders:

- 1. STAY AT HOME** - the public is urged to suspend ALL non-essential travel and reduce contact rate with people outside of your household;
- 2. MASK AT HOME WHEN NOT ALONE** - everyone is called on to wear their masks properly, and to observe other preventive strategies, AT ALL TIMES and IN ALL SETTINGS—even at home when living with other persons, especially the vulnerable;
- 3. ENSURE ADEQUATE AIR CIRCULATION** - all households must ensure adequate fresh air circulation by opening windows and using fans to allow increased air flow;
- 4. SEEK IMMEDIATE CONSULTATION** - all individuals experiencing symptoms of COVID-19 must immediately coordinate with their Barangay Health Emergency Response Teams (BHERTs) for appropriate management and referral for testing and isolation. You may also call the One Hospital Command Center via the DOH Hotline 1555, or through the following contact numbers:
 - **0919-977-3333**
 - **0915-777-7777**
 - **(02) 8865-0500**
- 5. GO TO ISOLATION FACILITIES INSTEAD OF HOSPITALS** - all individuals experiencing mild symptoms can adequately be taken care of at designated quarantine or isolation facilities. Let us help free up space in hospitals for those who most need it.

The DOH emphasizes that the number one objective right now is to ensure care is not hampered nor delayed for COVID and non-COVID patients. To do this, we need to ensure that our hospitals do not get overwhelmed, so everyone must act with extreme vigilance and help reduce transmission by consistently adhering to our preventive measures, as well as following our quarantine and isolation protocols.



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