

“Radiating positivity, creating connectivity”

# CEBU BUSINESS WEEK

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## SPECIAL EDITION

# COVID PATIENTS IN LUZ ISOLATED

*Persons who tested positive in Sitio Zapatera moved to elem. school*

THE people who are positive of Corona Virus Disease (Covid-10) in Sitio Zapatera, Barrio Luz, Cebu City are transferred to the classrooms of the nearby public elementary school.

Dr. Bryan Albert Lim, the infectious disease consultant of several hospitals in Cebu, is named by the Department of Health (DOH) as director of this facility.

Lim said the classroom facility is a joint project of the DOH and the Cebu City Government of Mayor Edgar Labella with the support of the Department of Education (DepEd) and the Philippine National Police (PNP).

Lim said they chose the classrooms with high walls to prevent the virus from spreading to nearby places.

Lim is also working side-by-side with Cebu City Councilor Joel Garganera who was designated by Labella as head of the Barangay Isolation Center (BIC).

Garganera said that the CFI Cooperative under Chairman Winston Garcia has donated relief goods (rice and canned goods) worth P400,000 for Si-

tio Zapatera alone.

Lim urged the people to show compassion to them, and refrain from stigmatizing them because they are our brother Filipinos who are suffering from the disease.

Lim also urged the people in the upper bracket of society to help these Covid-19 carriers because government funds are limited. The poor families are relying on relief goods.

Since Covid-19 is a new infection that spreads around the world and has no vaccine yet, the patients will be given food that can boost their immune system. They will be made to drink more water to hydrate their bodies.

He explained that there are two classes of infection – bacterial and viral. The illness caused by bacteria can be cured by antibiotics. But Covid-19 has no vaccine yet against it.

The DOH also named Lim as the director of three upcoming Covid-19 Centers located at the old Sacred Heart School for Boys at Gen. Maxilom Avenue; a Cebu City Government lot at the North Reclamation Area (NRA); and the International Eucharistic

Center (IEC); all in Cebu City.

Lim said a person can contract the 2019 novel coronavirus, the virus that causes COVID 19, and transmit it to as many people within three to six feet distance. If a person who is a Covid-19 carrier isolates himself from others, and he has strong immune system, the virus will die naturally.

Lim said Covid-19 is spectrum. Those who contracted Covid-19 are categorized as either asymptomatic, symptomatic, and severe. Asymptomatic is an infected

person with no symptoms. The symptomatic patient show symptoms like coughing, sneezing and high fever. The patient categorized as severe can hardly breathe, and if his lung has already an ailment, he will most likely die.

Those vulnerable are senior citizens, especially those with diabetes, high blood pressure, and heavy smokers. If a person smokes, the germs stays in the lung.

“So, social distancing and self-quarantine are im-

portant. If a Covid-19 carrier has strong immune system and did not manifest signs, but transmitted it to senior citizens, that old folks may die immediately, while he has the chances of surviving,” Lim said.

He said this is the reason why the government has prohibited any group to conduct a drinking spree with only one glass or sharing sause in a carenderia.

Some people in restaurant or carenderia may be Covid-19 carriers and may spread it through plates, spoon and fork, doorknobs or tables.

As a health worker, Lim said he is not going home as he cares for his old parents because he attended to patients in hospitals whom he is not sure are Covid-19 carriers. He and his parents do not see each other for two months now.

“We, health care providers (doctors, nurses, and utility men) are not going home for fear that they are already Covid-19 carriers and may transmit to our relatives,” Lim said. **ELIAS BAQUERO**



**A PERSON** who tested positive of COVID-19 was escorted last night out of Sitio Zapatera, Barangay Luz, and brought to the Brgy. Luz Elementary School. (Photo from the Cebu City PIO Facebook)

## LOCAL

# Quarantine centers in every barangay: Garcia

The Cebu City Government is now preparing all schools for community quarantine centers (CQC) where they can temporarily place those positive of Corona Virus Disease (Covid-19) in their respective barangays.

Garcia said these CQC are community clusters for asymptomatic or persons with mild cases of Covid-19 without symptoms of Covid-19 infection.

If the asymptomatic persons will later show symptoms like coughing, sneezing and fever, they will be categorized as symptomatic and will be brought to the First Response

Areas or Bayanihan Centers.

If there are persons who are severely affected by Covid-19 and can hardly breathe, they will be brought directly to the hospital.

Garcia said this is in line with the executive order issued by Cebu City Mayor Edgar Labella that every barangay must have a quarantine center.

To recall, Labella has issued a n executive order for the Enhanced Community Quarantine from March 28-April 28, 2020.

But Garcia said the mayor with his advisers who are mostly doctors are reviewing whether it should



be lifted or extended.

“We have no decision yet on the ECQ especially now that the number of persons who are positive of Covid-19

increased although in few areas. Maybe in one week’s time, we can have a decision whether to lift or continue the ECQ,” Garcia said.

Garcia was also asked why international flights at Mactan-Cebu International Airport continued even after President Rodrigo Duterte ordered a lockdown in Luzon.

Garcia said that is very true. Out initial positive cases came from other countries and in Manila where Covid-19 infections became uncontrollable. That is correct that we should have closed down our international and domestic flights sense we are not sure if those arriving in Cebu clean

or Covid-19 carriers.

However, at that time, MCIAA GM Steve Dican made a stand that it is really up to the Department of Transportation (DOTr) or the National Government to make decision, and not the Local Government Unit (LGU).

On that, we left it to the National Government to decide. Of course, our recommendation is to close Mactan airport from all incoming flights.

Garcia urged the people to follow the community quarantine policies and guidelines. Virus will spread fast in gatherings of people.

**ELIAS O. BAQUERO**

## Avoiding Covid-19, says Dr. Lim

How do you avoid the coronavirus disease or Covid 19? Epidemiologist Dr. Bryan Albert Lim says social distancing and staying at home.

Dr. Bryan Albert Lim, as infectious disease consultant of several hospitals in Cebu, is named by the Department of Health (DOH) as director of the classroom facility in Barangay Luz. It is a joint project of the DOH and the Cebu City Government of Mayor Edgar Labella with the support of the Department of Education (DepEd) and the Philippine National Police (PNP).

Aside from social distancing and staying at home, Lim said the people should their wash hands frequently with soap, wear face mask, spray alcohol on doorknobs and other parts of the house and leave their shoes or slippers outside their house.

“If you’ve stepped on a saliva on the street and then step on your house floors, the children may play there and will be contracted with Covid-19,” Lim said.

He said that if the wealthy and powerful United States is now being affected by Covid-19, how much more the Philippines which is still considered a poor country.

Based on study, Lim said the virus will stay on air from three to six hours. Hence, people don’t allow

visitors to come inside their house for fear that they may be Covid-19 carriers and can leave virus on air.

It is important for a house to have good ventilation wherein an electric fan is facing the open door or open window to drive away the air inside.

He said even Cebu Archbishop Jose Palma ordered the temporary stoppage of holy masses in church to prevent people from social gathering.

He described as sort of misunderstanding the alleged statement of a city health officer that all people in Sitio Zapatera, Barrio Luz are contracted with Covid-19.

Lim said that what the health officer meant is that it is important that all people, even those who are not from Barrio Luz, will assume that we are all Covid-19 carriers, so we will stay at home for fear of spreading it.

He said Covid-19 test is not easy like a pregnancy test wherein you just submit urine and have a result in one hour. The Covid-19 testing has a limitation because there is a machine with testing kits and we need trained people to handle it.

“We only test people with illness and those who have contacted with persons positive of Covid-19. Testing all people will run out government resources. So,

we prioritize our act,” Lim said.

He said that those who are transferred to the classrooms are given nutritious food to boost their immune system. The stronger the immune system is, the bigger the chances of surviving are. The classrooms where the patients are placed have big walls so the wind cannot reach the houses nearby.

Although there are several medicine and food supplement in the market, there is still no scientific evidence to prevent the entry of virus.

He said rest and sleep plus nutritious meal are the sure thing to boost the immune system. The biggest vitamin provider is Malunggay. And the “Utan Bisaya” is cheap.

He also advised the people to drink as much water to hydrate the body.

He advised symptomatic people not to go directly to the hospital but to response centers first to prevent them from associating with other diseases like tuberculosis and other infectious disease that may complicate their situation. Hospitals should be for severe cases.

Lim also said the people should remember that Covid-19 will stay in the lungs of those contracted and spread.

“We should help each

## POLPhil joins groups providing aid, relief to Sitio Zapatera folks

The Political Officers League of the Philippines (POLPhil) began gathering materials to provide aid and relief to residents of Sitio Zapatera in Barangay Luz, Cebu City like personal protective equipment for residents tasked with distributing food, medicines, and other relief goods house-to-house.

With 135 persons positive of the coronavirus disease, Sitio Zapatera of over 9,000 residents is now known as the epicenter of Covid-19 in Cebu City. Known as an urban poor area, many of the houses are small and occupied by several families.

Tuburan Vice Mayor Aljun Diamante, POLPhil president, has formed a team in Cebu City who are serving now as the steering committee of Tabang Barrio

Luz.

Responding to the request of Reino Ventura, president of the Sitio Zapatera residents’ association, the committee has assembled PPEs for the organization’s community-based volunteers.

He said there are about 800 families and 150 renters in the sitio which the volunteers will reach out daily.

Other non-government groups involved in gathering materials for the needs of the residents are alumni members of Stand, a student political party in the University of San Carlos (USC), the Integrated Bar of the Philippines in Cebu City.

The CFI Cooperative headed by Winston Garcia also brought relief goods to the residents. **ENM**

other. The end of the pandemic will depend on us. Follow the government measures like quarantine, cleaning the residences, wearing face mask, and washing hands. If we will not follow, it will extend,” Lim said.

Lim also requested the

people not to stigmatize the Covid-19 carriers.

“They are our brothers, suffering and needing help. We can help by giving food. The solution to this pandemic is love, to our family and people. We need to care other people,” Lim said. **ELIAS O. BAQUERO**