

MEDICARD FLASH

FOCUSED LEARNING ABOUT SAFETY and HEALTH



COVID-19 UPDATED HEALTH PROTOCOLS WHAT EMPLOYEES NEED TO KNOW

While the COVID-19 Public Health Emergency has been lifted in the Philippines, **COVID-19 remains present and can still cause illness**, especially among vulnerable individuals.

The Department of Health continues to recommend preventive measures and provides updated guidance on masking, quarantine, and isolation to reduce transmission and protect high-risk groups.

WHAT SHOULD YOU DO IF YOU ARE EXPOSED OR TEST POSITIVE?

ASYMPTOMATIC CLOSE CONTACT

- No quarantine required.
- Wear a well-fitted face mask for 10 days.



COVID-19 POSITIVE WITH NO SYMPTOMS OR MILD SYMPTOMS

- Home isolation for 5 days OR until fever-free for at least 24 hours without medication and symptoms are improving.
- Wear a well-fitted face mask for 10 days.



COVID-19 POSITIVE WITH MODERATE TO SEVERE SYMPTOMS OR IMMUNOCOMPROMISED

- Isolate for at least 10 days from symptom onset.
- Follow your attending physician's advice regarding treatment and return to normal activities.
- Wear a well-fitted face mask for 10 days.



PROTECTING YOURSELF AND OTHERS



Practice frequent **handwashing** and proper **respiratory hygiene**.



Consider **wearing a mask** when experiencing respiratory symptoms.



Ensure **good ventilation** in work and shared spaces.



Consult a **healthcare professional** if symptoms worsen or persist.



Mask use is highly recommended for elderly individuals, persons with comorbidities, immunocompromised individuals, pregnant women, and those who are unvaccinated, especially in crowded or poorly ventilated areas.

Protect yourself and your colleagues by staying informed and following the latest DOH guidance. If you develop symptoms or test positive for COVID-19, follow the recommended isolation protocols and seek medical advice when necessary.

Visit **fsc.medicardphils.com** to book an appointment; walk-ins are accepted.



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References:

DOH Department Circular No. 2023-0324
DOH Department Memorandum No. 2024-0073

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