

MEDICARD FLASH

FOCUSED LEARNING ABOUT SAFETY and HEALTH



COVID 19: STAY PROTECTED

Quezon City has reported a marked rise in COVID-19 cases.
This advisory outlines preventive measures and the steps to take if symptoms appear.

265% surge in three weeks — from 23 cases (May 21–Jun 10) to 84 cases (Jun 11–Jul 1), bringing the 2026 total to 146.
Source: Quezon City Epidemiology and Surveillance Division, as reported by ABS-CBN News (July 5, 2026).

EVERYDAY PROTECTIVE MEASURES



Wear a mask:

When experiencing respiratory symptoms, or in crowded, poorly ventilated spaces.



Wash hands frequently:

Soap and water, or alcohol-based sanitizer. Avoid touching your face with unwashed hands.



Maintain distance

Keep physical distance from anyone showing symptoms of respiratory illness.



Practice cough and sneeze etiquette

Cover with a tissue or elbow, not your hands. Dispose of used tissues properly.



Ensure good ventilation

In shared and enclosed workspaces, keep air circulation open where possible.

IF SYMPTOMATIC

Watch For & Respond

COMMON SYMPTOMS



Fever



Sore Throat



Cough



Body Aches



Colds



Loss of taste or smell

STAY AT HOME

Avoid close contact with coworkers. Monitor symptoms and seek prompt evaluation if they worsen.



WHERE TO GO

Onsite

Report to your Company Clinic first. No onsite clinic, or outside clinic hours: Proceed to the nearest MediCard Clinic near you.

Remote Consultation

Access MediCard Telemedicine through the MedGo app. Scan the QR code to download.



Follow medical advice on isolation and secure return-to-work clearance before resuming onsite duties.

Note: Children 14 and below account for the largest share of cases (30%). Parents should seek prompt medical consultation for kids with respiratory symptoms. Older adults and those with weakened immune systems should also consult early.

For additional inquiries or concerns, please feel free to reach us at **8841-8080** or **CAMS@medicardphils.com**.



MediCard
OHC

References:

<https://www.abs-cbn.com/news/health-science/2026/7/5/quezon-city-logs-265-surge-in-covid-19-cases-in-3-weeks-2203>
<https://www.cdc.gov/covid/prevention>

MediCard Philippines, Inc. is a corporation duly registered under Philippine laws and regulated by the Insurance Commission of the Philippines. The addresses and contact details of the Commission's Head Office and its district offices can be found on www.insurance.gov.ph/contact-us/.

MediCard Philippines, Inc. is legally permitted to provide financial products or services within the jurisdiction of the Philippines. The addresses and contact details of MediCard Philippines, Inc.'s Head Office and clinics can be found on www.medicardphils.com/contact-us/.

For client support, you can contact us through the "Contact Us" page on our website or reach out to (02) 8841-8080 for inquiries and requests, and CAMS@medicardphils.com and Consumer Assistance Form for complaints.