



A GUIDE TO THE **NEW NORMAL**



A Guide To The New Normal v.1

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The background is a stylized illustration of a cityscape. It features several buildings of different heights and widths, rendered in shades of light blue and grey. In the foreground, there are two trees with dark blue, rounded canopies and light blue trunks. The sky is a pale, solid blue, and there are three stylized, fluffy clouds in a darker shade of blue. A dark blue rectangular box with rounded corners is positioned in the upper middle of the image, containing the text 'THE NEW NORMAL' in white, bold, sans-serif capital letters.

THE NEW NORMAL

WHAT IS THE NEW NORMAL?

The *New Normal* refers to the emerging behaviors, situations, and minimum public health standards that will be institutionalized in common or routine practices and remain even after the pandemic while the disease is not totally eradicated through means such as widespread immunization.

(from IATF Omnibus Guidelines as of June 3, 2020)

HOW TO USE THIS DOCUMENT

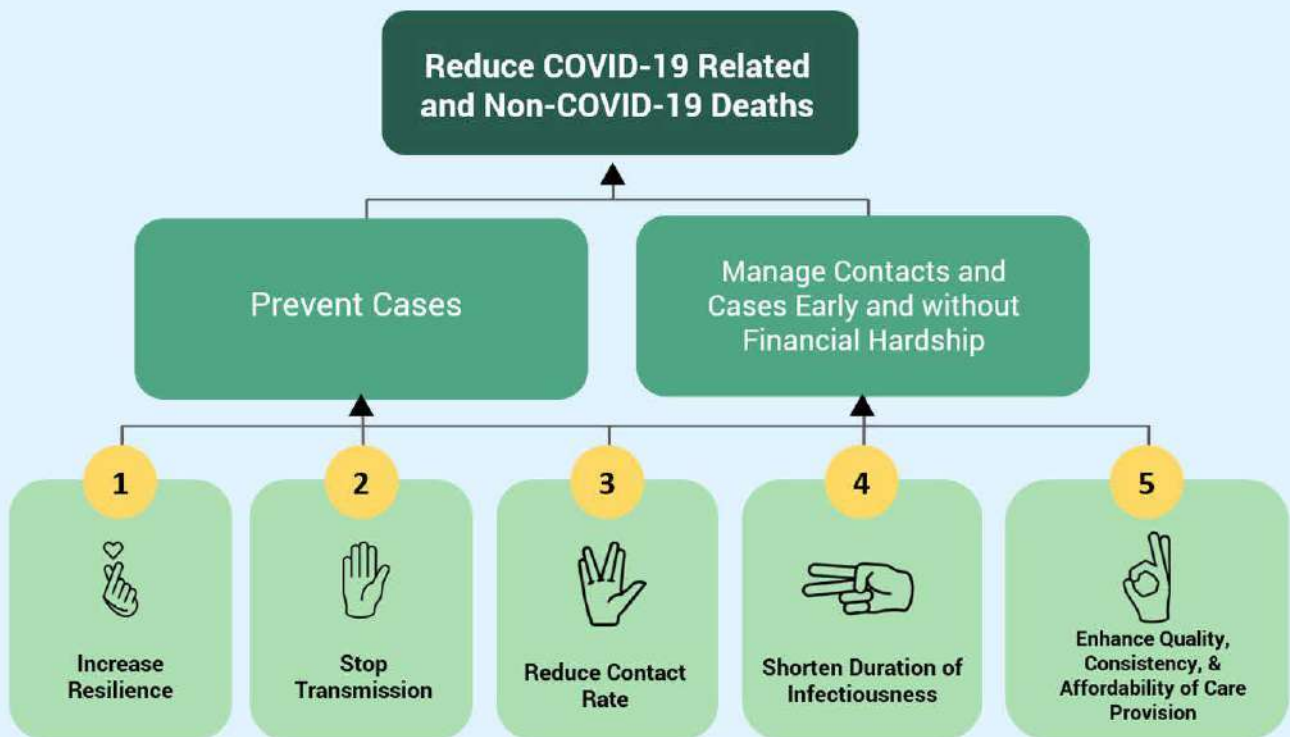
This Guide To The New Normal seeks to provide guidance to the general public as we all continue to adjust to the effects of the COVID-19 pandemic. In this document, you may find the minimum public health standards set by the Department of Health (DOH) for COVID-19 mitigation based on the DOH's 5-point strategy in addressing COVID-19 pandemic.

The section on Non-Pharmaceutical Interventions (NPIs) illustrates strategies to reduce COVID-19 cases and deaths, why they are important, and how to practice them. Observing and practicing these interventions reduces your risk of COVID-19, and protects you and others from the said disease. The Section on Non-Pharmaceutical Interventions in Settings highlights the different administrative and engineering controls that can support the implementation of these NPIs across settings are also highlighted in this section.

Lastly, the portion on Sector-Specific Guidelines provides key points to cater to the needs of different sectors and industries. These guidelines are implemented on top of the minimum public health standards.

In the event of any conflict of rules or guidelines, the interpretation of these guidelines shall ensure the protection of human rights. As such, the safety, needs, and well-being of the individual shall prevail.

5-POINT STRATEGY



The DOH's 5-point strategy is our plan of action in establishing the new normal in our daily routines.

The new normal revolves around the four strategies of the DOH's 5-point strategy to reduce COVID 19 related and non COVID 19 deaths - (1) increase resilience, (2) stop transmission, (3) reduce contact, (4) shorten duration of infectiousness. With this, the DOH has developed minimum public health standards across different settings to aid the general public and the different sectors as we transition into the new normal.

Further to this, the DOH's policy development and program planning initiatives remain aligned with the Minimum Public Health Standards. The Department will continue its other services and programs considering that the primary goal of its COVID-19 response is to prevent both COVID-19 and non-COVID-19 deaths.

The COVID-19 pandemic shall not be a hindrance towards the Department's goal of delivering Universal Health Care. The DOH remains committed to addressing the other health needs of our fellow citizens who are also afflicted by other diseases and may have been aggravated by the conditions of the quarantine.

OBJECTIVES

INCREASE PHYSICAL AND MENTAL RESILIENCE



Ensure access to basic needs of individuals, including food, water, shelter and sanitation.

Promote adequate nutrition and balanced diets.

Protect the mental health and general welfare of individuals.



Encourage appropriate physical activity for those with access to open spaces as long as physical distancing is practiced.

Promote basic respiratory hygiene and cough etiquette.

Protect essential workforce through provision of food, personal protective equipment (PPEs) and other commodities, lodging, and shuttle services as necessary.



Provide financial and healthcare support for workforce who contracted COVID-19 through transmission at work.

Limit exposure of most at-risk individuals, such as through limitation in entry or prioritization in service or provision of support.

Provide appropriate social safety net support to vulnerable groups for the duration of the COVID-19 health event.

Discourage smoking and drinking of alcoholic beverages.



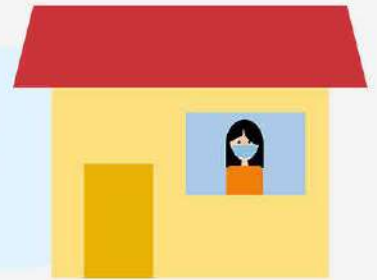
STOP TRANSMISSION



Encourage frequent hand washing with soap and water and refrain from touching the eyes, nose, and mouth.

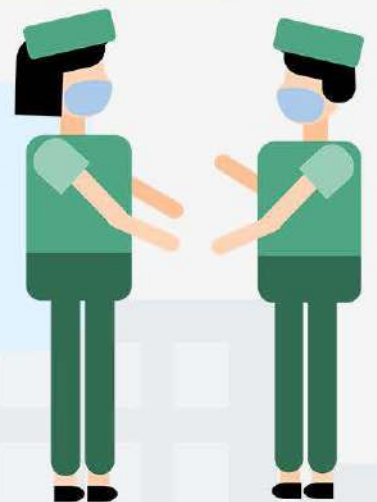
Ensure access to basic hygiene facilities such as toilets, handwashing areas, water, soap, alcohol/ sanitizer.

Encourage symptomatic individuals to stay at home unless there is a pressing need to go to a health facility for medical consultation and virtual consultation is not possible.

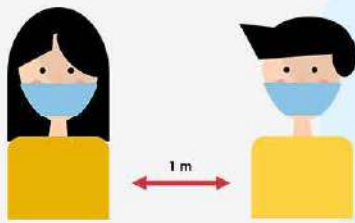


Clean and disinfect the environment regularly, every two hours for high touch areas such as toilets, door knobs, switches, and at least once every day for workstations and other surfaces.

Ensure rational use of PPEs that is suitable to the setting, and the intended user. Medical-grade protective apparel shall be reserved for health care workers and other frontliners, and symptomatic individuals.



REDUCE CONTACT RATE



Implement strict physical distancing at all times, especially in public areas, workstations, eating areas, queues, and other high traffic areas.

Restrict unnecessary mass gatherings.

Reduce movement within and across areas and settings.

Limit non-essential travel and activities.



Install architectural or engineering interventions, as may be deemed appropriate.

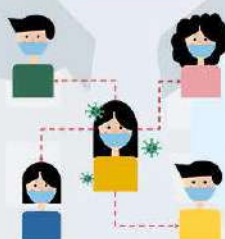
Implement temporary closure or suspension of service in high risk areas or establishments, as necessary.

SHORTEN DURATION OF INFECTIOUSNESS



Identify symptomatic individuals through temperature checks, health declaration or symptom monitoring.

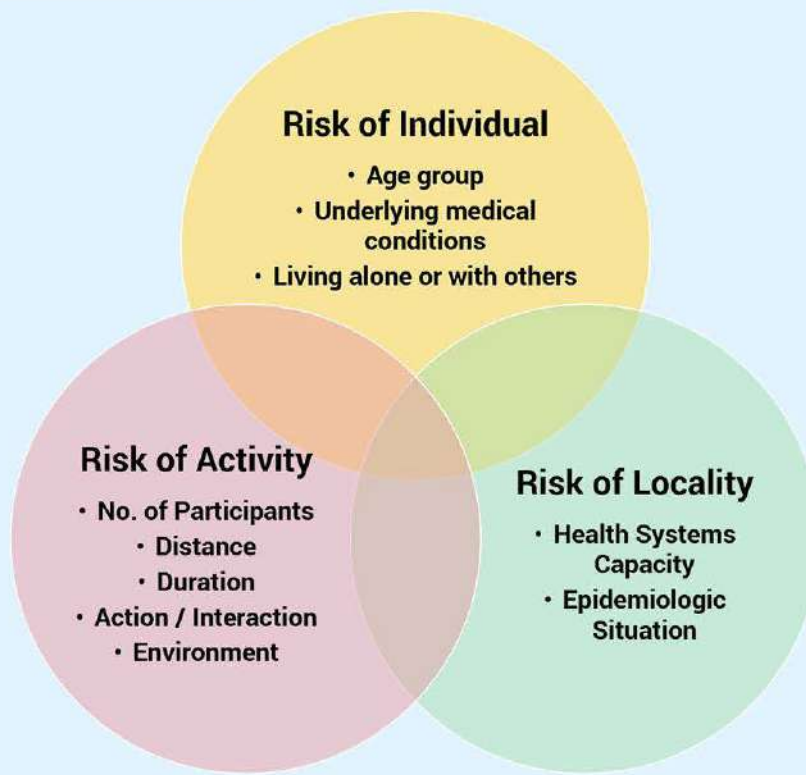
Refer symptomatic individuals to appropriate health system entry points such as primary care facilities or teleconsulting platforms.



Trace and quarantine close contacts of confirmed individuals consistent with DOH guidelines.

RISK ASSESSMENT FOR COVID-19

FACTORS TO CONSIDER



COVID-19 risk varies across different settings, activities, and individuals. The diagram above is a handy tool for you to assess how at-risk you are for contracting COVID-19.

RISK OF INDIVIDUAL

Some individuals are more at-risk than others. If you are

- above 65 years old,
- have underlying medical conditions such as diabetes, hypertension, and other respiratory diseases, or
- living with other individuals

you are at higher risk for contracting severe COVID-19 illness.

RISK ASSESSMENT FOR COVID-19

RISK OF ACTIVITY

Similarly, some activities put you more at-risk for catching the virus. This risk level would depend on the following factors:

1. ***The number of people participating in the activity.*** The higher the number of people participating in the activity, the more risky the activity is. More people would mean more close contacts with various individuals who may be carriers of the virus.
2. ***The ability to maintain physical distance of at least one (1) meter from another individual.*** Since COVID-19 transmission is highly likely to occur between people who are within 1 meter of each other, maintaining a distance of at least one (1) meter from other individuals would lower your risk of contracting the virus.
3. ***The duration of the activity.*** Prolonged exposure can increase your risk of contracting the virus. Fifteen (15) minutes is considered to be prolonged exposure.
4. ***The actions and interactions the activity entails.*** Some actions are considered to be risky. These actions would include talking, singing, shouting, heavy breathing, and other activities that would enable droplet transmission and involve close contact with other individuals.
5. ***The venue or environment the activity will be held in.*** Indoor, enclosed spaces with poor ventilation puts you at high risk for catching the virus.



RISK ASSESSMENT FOR COVID-19

RISK OF LOCALITY

There are two factors that need to be considered: (1) how widespread COVID-19 is in the community and (2) how equipped the community is to respond.

Number 1 is measured through using the **Case Doubling Time** - which represents how fast the number of COVID-19 is spreading. Number 2 is measured through using **Critical Care Utilization** - which represents our capacity to respond.

These two factors represent the risk of COVID-19 in the community and are the primary considerations for the community's risk classification and quarantine measures.

IATF CLASSIFICATION OF PROVINCES, HUCs, AND ICCs					
The IATF classifies provinces, highly urbanized cities, and independent component cities every two weeks based on their epidemiologic classification using the following parameters					
Community Quarantine Classification	Modified General Community Quarantine	Modified General Community Quarantine, with modifiers	General Community Quarantine	Modified Enhanced Community Quarantine	Enhanced Community Quarantine
Risk Level	LOW RISK	MODERATE RISK		HIGH RISK	
Epidemic Phase	RECOGNITION PREPARATION	INITIATION DECELERATION		ACCELERATION	
Case Doubling Time (CDT)	More than 28.00 Cases below threshold; Province has no NEW case for 4 weeks	14.00-28.00	7.01-13.99	Less than 7	
Critical Care Utilization Rate (CUR)	Less than 30%	30-54%	55-64%	65-70%	More than 70%

POLICIES FOR THE NEW NORMAL

[DOH Administrative Order 2020-0013](#)

Revised “Guidelines for the Inclusion of the COVID-19 in the List of Notifiable Diseases for Mandatory Reporting to the DOH”

[DOH Administrative Order 2020-0015](#)

Guidelines on the Risk-Based Public Health Standards for COVID-19 Mitigation

[DOH Department Memorandum 2020-0157](#)

Guidelines on Cleaning and Disinfection in Various Settings as an Infection Prevention and Control Measure Against COVID-19

[DOH Department Memorandum 2020-0178](#)

Interim Guidelines on Health Care Provider Networks during the COVID-19 Pandemic

[DOH Department Memorandum 2020-0220](#)

Interim Guidelines on the Return-to-Work

[DOH Department Memorandum 2020-0246](#)

Interim Guidelines on Tobacco Control in light of the COVID-19 Pandemic

[FDCP-DOH-DOLE Joint Administrative Order 2020-001](#)

Health and Safety Protocols for the Conduct of Film and Audiovisual Production Shoots and Audiovisual Activities During COVID-19 Pandemic

[GAB-PSC-DOH Joint Administrative Order 2020-001](#)

Guidelines on the Conduct of Health-Enhancing Physical Activities and Sports during COVID-19 Pandemic

[DOTr-DILG-DOH-DPWH Joint Administrative Order 2020-001](#)

Guidelines on the Use and Promotion of Active Transport During and After the COVID-19 Pandemic



NON-PHARMACEUTICAL INTERVENTIONS (NPIs)

NON-PHARMACEUTICAL INTERVENTIONS

RESPIRATORY HYGIENE AND COUGH ETIQUETTE

WHAT?

Respiratory hygiene and cough etiquette refer to the set of practices that help prevent and control the spread of respiratory illnesses. This can range from covering your mouth when coughing to using tissue when sneezing.¹

WHY?

The COVID-19 virus is transmitted through respiratory droplets. Respiratory droplets are small, wet droplets that come from our nose, mouth, throat and lungs. These droplets may be so small that they may not be seen by the naked eye². In light of the emerging evidence, it is suggested that airborne transmission of the virus may also occur. Practicing respiratory hygiene and cough etiquette may help limit the spread.

HOW?

You should cover your mouth and nose with a disposable tissue or the inner portion of the elbow when you sneeze or cough. Turn away from the people surrounding you and, if possible, distance yourself when you get the urge to sneeze or cough.

After coughing or sneezing, dispose of the tissue that you used and wash your hands with soap and water. Use an alcohol-based hand sanitizer if soap and water is unavailable.



NON-PHARMACEUTICAL INTERVENTIONS

PROMOTE MENTAL HEALTH

WHAT?

Mental health is described as a state of well-being in which the individual realizes their own abilities and potentials, while coping through the stresses of everyday life through different forms of psychosocial support. It also aims to prevent and treat any form of mental illnesses/ conditions to enable all individuals to have a fruitful and positive contribution to the community.⁴

WHY?

Because of the pandemic, we are living through stressful and uncertain times and this may affect our mental health and wellbeing. Mental health services and psychosocial support may mitigate these effects and allow everyone to better adapt to these changing times.^{5, 6}

HOW?

Promoting mental health can range from a variety of activities. These include maintaining a healthy lifestyle by getting enough exercise, eating right, and getting enough sleep. Maintaining social networks and having trusted people to talk to is also helpful. If needed, professional services should be sought. Lastly, while it is important to stay informed, information about this crisis may be the cause of a lot of stress. Limit your time looking for information and make sure they come from credible sources.⁷

For mental health support call the National Center for Mental Health Crisis Hotline at

0917-899-8727 / (0917-899)-USAP and
(02) 7-989-8727 / ((02)-7-989)-USAP.



NON-PHARMACEUTICAL INTERVENTIONS

REDUCE EXPOSURE OF VULNERABLE INDIVIDUALS

WHO?

You are a vulnerable individual if you are pregnant, above 60 years old and/or have underlying health conditions such as cardiovascular disease, chronic respiratory disease, diabetes, hypertension and others. ^{8, 9}

WHY?

Vulnerable individuals are more at risk of contracting severe COVID-19 than others. ¹⁰ This is because their condition makes them more susceptible to complications that can arise from the disease.

HOW?

If you are pregnant, above 60 years old or if you have any underlying medical conditions, stay home and limit your travel to essential services and urgent needs. If you don't have any of the conditions mentioned above, help those who do by going to the grocery or doing any other essential needs in their place. ¹¹



NON-PHARMACEUTICAL INTERVENTIONS

REDUCE USE AND EXPOSURE OF TOBACCO

WHAT?

Tobacco can come in a variety of forms, both smoked and not smoked. Some examples of tobacco products include cigars, cigarettes, and electronic cigarettes or vapes.

WHY?

Smoking increases your likelihood of getting a respiratory infection and is also associated with more severe COVID-19, once infected. ^{12, 13}

HOW?

Try to limit or, better yet, quit smoking! There are multiple avenues to explore to help you quit smoking.¹⁴ Smoking quitlines, such as the DOH quitline, can provide you with support to quit smoking.

For support, contact the DOH Quitline through
Calling 165364 or
Texting 'STOPSMOKE' to (29290)165364



NON-PHARMACEUTICAL INTERVENTIONS

PROMOTE HEALTH-ENHANCING PHYSICAL ACTIVITIES

WHAT?

Physical Activity can take many forms. These include sports, games, household chores, active transportation, even gardening! Just make sure that it does not cause any harm or excessive stress. ^{15, 16}

WHY?

Regular physical activity can strengthen your immune system to fight off disease in general, but also prevent you from developing diseases like diabetes or hypertension which increase your risk of contracting severe COVID-19, if infected. ¹⁷

HOW?

The WHO recommends that adults have at least 30 minutes of physical activity everyday, while children have at least 60 minutes of physical activity everyday, as well. ¹⁸ For more guidance on the conduct of sports and Health-Enhancing Physical Activities during the COVID-19 Pandemic, refer to GAB-PSC-DOH Joint Administrative Order 2020-001.



NON-PHARMACEUTICAL INTERVENTIONS

HANDWASHING

WHAT?

Hygiene can be best described as the set of practices that help people prevent disease and stay healthy.¹⁹ Handwashing is an example of a practice of personal hygiene.

WHY?

The COVID-19 virus is spread through respiratory droplets. These droplets can linger on our skin and on surfaces. We may be able to be infected when contaminated hands touch our nose, mouth, or eyes or we may further spread the virus when we touch different objects or surfaces.^{20, 21}



HANDWASHING

HOW?

Everyone must wash their hands with soap and water regularly or use hand sanitizers. The Department of Health recommends regular hand washing with soap and running water for at least 20 seconds.

0



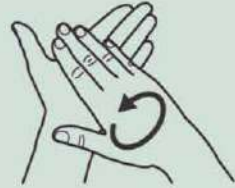
Wet hands with water;

1



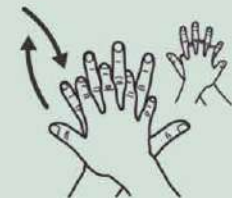
Apply enough soap to cover all hand surfaces;

2



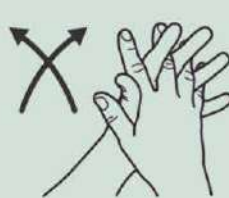
Rub hands palm to palm;

3



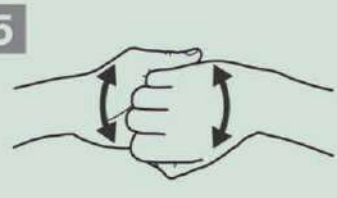
Right palm over left dorsum with interlaced fingers and vice versa;

4



Palm to palm with fingers interlaced;

5



Backs of fingers to opposing palms with fingers interlocked;

6



Rotational rubbing of left thumb clasped in right palm and vice versa;

7



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;

8



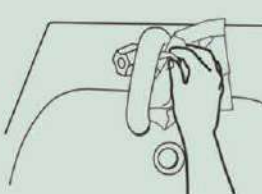
Rinse hands with water;

9



Dry hands thoroughly with a single use towel;

10



Use towel to turn off faucet;

11



Your hands are now safe.

Hand washing illustration lifted from
https://www.who.int/gpsc/5may/Hand_Hygiene_Why_How_and_When_Brochure.pdf

NON-PHARMACEUTICAL INTERVENTIONS

ENVIRONMENTAL HYGIENE

WHAT?

Apart from our personal hygiene, we must keep our environment clean. Maintaining a healthy environment plays a key role in ensuring people are healthy and free from disease. Environmental surfaces include electronic devices, furniture, toilets and sinks, etc. ²²

WHY?

Respiratory droplets that land on surfaces may still remain infectious even after several hours and can last up to several days. With this, cleaning and disinfecting surfaces, especially frequently touched surfaces, may help mitigate the spread of the virus. ²³

HOW?

Clean surfaces with water and any household soap or detergent. Afterward, disinfect with chemical disinfectants such as household bleach.

To make your own household disinfectant solution, you may:

1. Using commercially available household bleach at 5% active chlorine, dilute 1 part of bleach to 9 parts clean water; or
2. Using chlorine powder / granules / tablets 60%-70% active chlorine, dissolve tablespoons of chlorine (equivalent to 10 grams) to liters of clean water. Mix the solution thoroughly using a stick



NON-PHARMACEUTICAL INTERVENTIONS

ON THE USE OF FACE MASKS

WHAT?

All individuals must wear face mask or appropriate Personal Protective Equipment (PPE) outside of residence, except in the following situations:

1. Individuals eating or drinking provided there is at least two (2) meter distancing between persons and in a designated dining area;
2. Individuals engaging in high intensity physical activities whereby only those who are actively exercising may be allowed not to wear masks during the physical activity provided that at least two (2) meters physical distancing from other people is observed; and
3. Children under the age of two (2) years old, persons who are unconscious, incapacitated, or otherwise unable to remove the mask are not recommended to wear masks due to risks of suffocation. ²⁴

WHY?

The droplets that we expel may be contained in our face masks and thus prevent contaminating our surroundings. As infected, asymptomatic individuals may also transmit the virus, we do not know who may have COVID-19, it is encouraged that everyone wear face masks. ²⁵

HOW TO WEAR YOUR MASK

1. Always wash your hands properly prior to wearing your mask and prior to removing it. If handwashing stations unavailable, clean your hands using alcohol based sanitizer prior to wearing your mask
2. Always make sure your mask is clean the mask prior to using it.
3. When putting on or removing your mask, you should always hold by the straps to avoid contamination.
4. The mask should be able to cover your mouth, nose and chin adjusting it accordingly to fit your face ensuring no air escapes the sides of the mask.
5. While removing the mask, always pull it away from your face to prevent contamination.
6. Wash/ sanitize your hands after removing your mask.

ON THE USE OF FACE MASKS

GUIDING PRINCIPLES²⁶

1. Masks should only be used by one person and should not be shared.
2. Masks should be replaced if wet or visibly soiled.
3. Masks should not be used for extended periods of time, if possible.
4. Damaged masks or masks which do not appropriately fit the user should not be used.
5. Never leave your mask on any surface when not in use.
6. Avoid touching the mask while wearing it.
7. Do not remove your mask in public spaces.
8. Reusable cloth masks should be washed at least once a day, ideally with hot water and soap/detergent.

HOW TO DISPOSE OF YOUR MASK

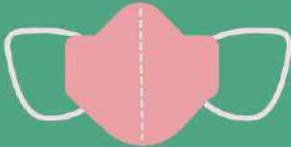
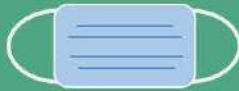
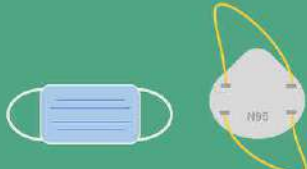
1. If and when possible, washing the cloth masks prior to disposal may lessen risk of contamination.
2. All masks shall be tightly sealed in plastic bags prior to disposing them in disposal units.
3. Individuals confirmed to have COVID-19 should separate their masks disposal into sealed yellow medical grade trash bags for disposal.
4. After disposing of any face mask, always wash your hands properly.



NON-PHARMACEUTICAL INTERVENTIONS

ON THE USE OF FACE MASKS

RATIONAL USE OF FACE MASKS

Target Personnel/ Population	Setting	Type of face mask
General Population, above the age of 2 years	Public places, High density communities, Offices/ Workplaces, Food and Other Service Establishments, Schools, Hotels and other accommodations, Transportation and Ports of Entry, Churches/ Places of Worship, Prison/ places of detention	 Non-medical face mask (i.e. cloth mask)
Patients with respiratory symptoms	Any setting	 Medical-grade face mask (i.e N88 mask, surgical mask)
Caregiver of patients with respiratory symptoms	Any setting	
Healthcare workers and other frontliners	Health care facilities	 Medical-grade face mask N95 mask (If with aerosolizing procedures)



NON-PHARMACEUTICAL INTERVENTIONS

PRACTICE PHYSICAL DISTANCING

WHAT?

Physical distancing means maintaining at least a one (1) meter space from other individuals and avoiding large gatherings of people as much as possible. ²⁷

WHY?

Higher risk of COVID-19 transmission occurs between people who are within 1 meter of each other. ²⁸

HOW?

Always plan ahead when going out for essential needs. Before heading out, think about the modes of transportation, methods for obtaining essential items, nature of social activities, etc. that allow for physical distancing. ²⁹ Avoid crowded areas and stay at least one (1) meter from other people. Whenever possible, stay at home.



1 meter

NON-PHARMACEUTICAL INTERVENTIONS

RESTRICTION ON MASS GATHERINGS

WHAT?

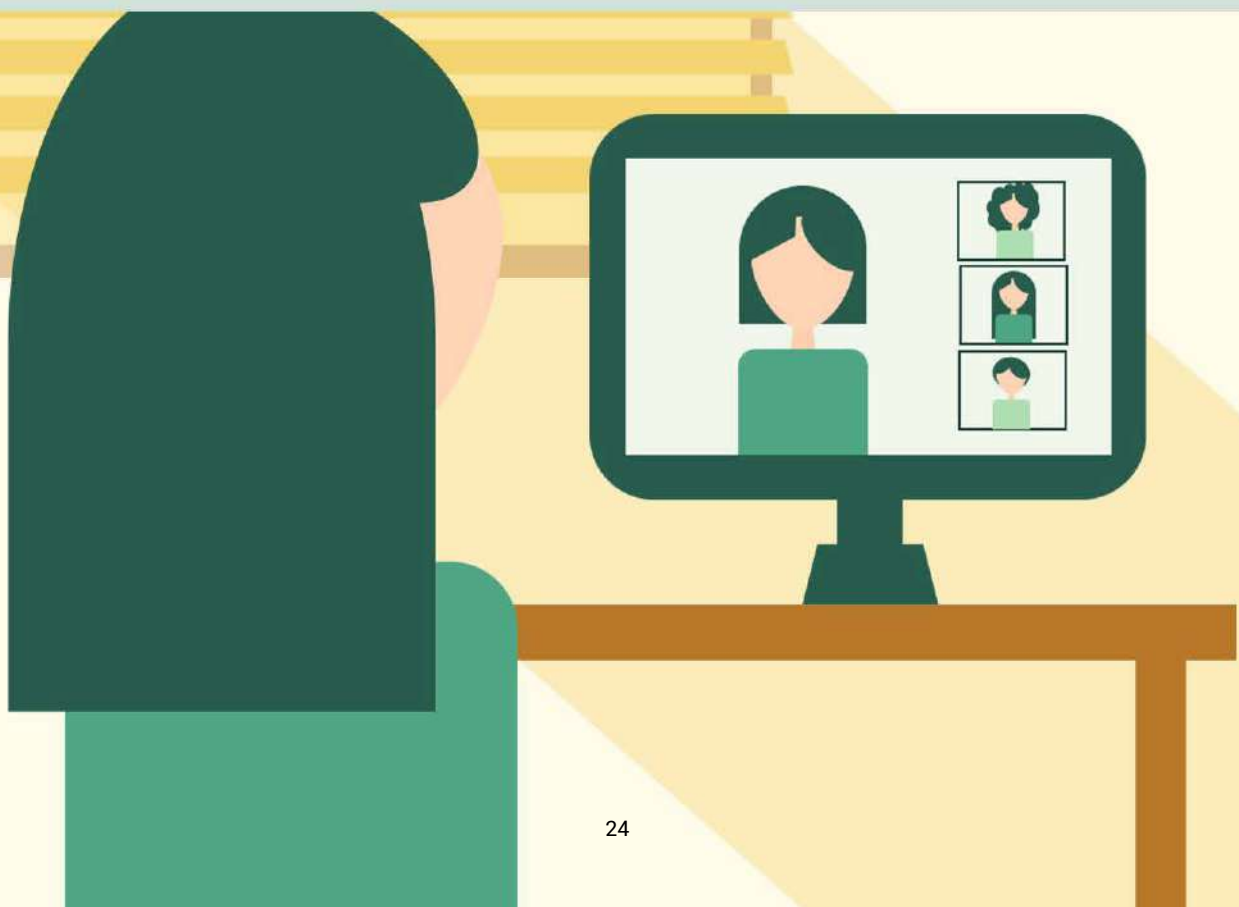
Mass gatherings take place when a certain number of people congregate in the same location for a specific period of time. Some mass gatherings may be necessary for psychological, social, economic, political, and/or cultural reasons.³⁰

WHY?

By its definition, mass gatherings could entail prolonged exposure with different individuals who may or may not be carriers of the virus and thus facilitate transmission.³¹

HOW?

Perform risk assessments for intended mass gatherings or activities³² and follow the local governments restrictions on mass gatherings. Limit conduct of events or activities to a small group of people only. If possible, conduct the activity online.



DETECTION AND ISOLATION OF SYMPTOMATIC INDIVIDUALS

WHAT?

Feeling sick? You probably have to ask yourself if you've got:

- Cough or colds
- Sore throat
- Fever or chills
- Loss of smell or taste
- Body aches
- Nausea or vomiting

If you've said yes to all or any of the above, then it's best to stay at home and avail of our teleconsultation services through:

DOH COVID-19 Hotlines 1555 and (02) 894-COVID (26843)

WHY?

Preventing COVID-19 transmission is best achieved by identifying suspect cases and properly referring them to appropriate primary care facilities immediately for consultation and assessment. Timely testing and isolation of suspected cases is critical to stop the transmissions of disease in the community.³³

HOW?

1. Always do a self-assessment of your symptoms
2. Keep yourself updated on the latest developments of COVID-19.
3. Know the nearest health facility you can go to if your symptoms get worse.
4. Be honest when consulting with health professionals, they can help you more this way.
5. If you are COVID-19 positive, isolate in a quarantine facility or at home* for at least 14 days and cleared by a licensed physician.

**provided your home has a dedicated bathroom and room for you only*





NON-PHARMACEUTICAL INTERVENTIONS IN SETTINGS

NON-PHARMACEUTICAL INTERVENTIONS IN SETTINGS

ENGINEERING CONTROLS

PERSONAL HYGIENE



Handwashing facilities, hand sanitizers and dispensers with an alcohol-based solution should be available at entrances, exits, and areas with high foot traffic.

ENVIRONMENTAL HYGIENE



Placement of foot baths should be placed in all entrances (1:10 bleach solution; 1 litre bleach mixed with 9 litres of clean water).

PRACTICE PHYSICAL DISTANCING



Red marking tapes may be placed on the floor to guide individuals to stay at least one meter apart from each other

Temporary barriers between cubicles, dining areas, etc. may be installed.

ADMINISTRATIVE CONTROLS

RESPIRATORY HYGIENE AND COUGH ETIQUETTE



Tissues and alcohol hand rubs should be available in strategic places throughout the area/space. All toilet facilities should have adequate water and soap for handwashing.

PROMOTE MENTAL HEALTH



Mental and psychosocial support, such as but not limited to mindfulness activities/sessions, in-house counseling sessions, online counseling, and support groups, should be made available, as applicable, to the stakeholders of the sector (employees, students, etc.)

Employers must promote work-life balance through proper scheduling of activities and rotation of the workforce

REDUCE EXPOSURE OF VULNERABLE INDIVIDUALS



Households may institute daily monitoring of individuals at risk; and create contingency plans for accessing healthcare or purchasing of medication from pharmacy in case of emergency

Alternative work arrangements for vulnerable groups should be made when possible.

Specific lanes, areas, and/or facilities for the elderly, individuals with underlying conditions, and pregnant women should be designated to limit their exposure to others.

ADMINISTRATIVE CONTROLS

REDUCE USE AND EXPOSURE OF TOBACCO



Signs and visual cues informing stakeholders of the risks of smoking in relation to COVID-19 may be placed in strategic areas.

LGUs shall continue to implement laws prohibiting the use of tobacco products in public spaces as stipulated in Executive Order No. 26 (2017).

LGUs are highly encouraged to impose stricter policies or ordinances on tobacco control to protect the community (e.g. smoking in public places and limitations on the sale of tobacco products).

PROMOTE HEALTH-ENHANCING PHYSICAL ACTIVITIES



Designated areas and time periods for the regular conduct of physical activities may be utilized to promote participation in physical activity.

PERSONAL HYGIENE



Ensure routine monitoring and replacement of hand soaps, sanitizers, and other disinfectants.

Everyone must perform regular and thorough handwashing with soap and water. A specific period of time for handwashing may ensure this.

NON-PHARMACEUTICAL INTERVENTIONS IN SETTINGS

ADMINISTRATIVE CONTROLS

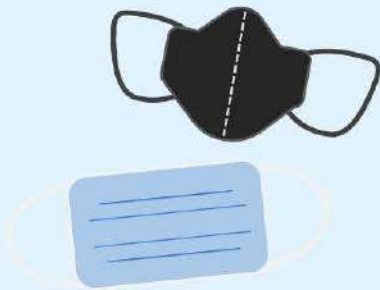
ENVIRONMENTAL HYGIENE



Signs reminding everyone to minimize touching of surfaces may be placed in strategic places.

Ensure routine cleaning of frequently touched surfaces and objects, and routine cleaning and replacement of disinfectant solutions in foot baths.

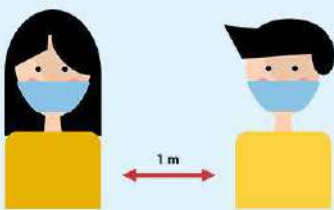
USE OF FACE MASKS



Individuals should use the appropriate face masks depending on the nature of the activity, contact with the general public, and symptoms.

Employers or management shall provide the appropriate face masks for their employees.

PRACTICE PHYSICAL DISTANCING



Limitations on the number of people inside spaces/areas should be observed.

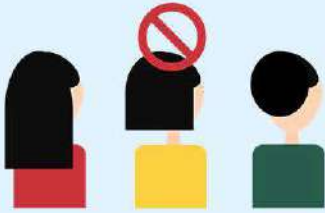
Face to face gatherings/meetings/activities should be limited as much as possible. Alternative methods, such as online or staggered schedules, may be used.

Forms of public transport that prevent observing physical distancing, such as motorcycle-sharing, should be restricted.

NON-PHARMACEUTICAL INTERVENTIONS IN SETTINGS

ADMINISTRATIVE CONTROLS

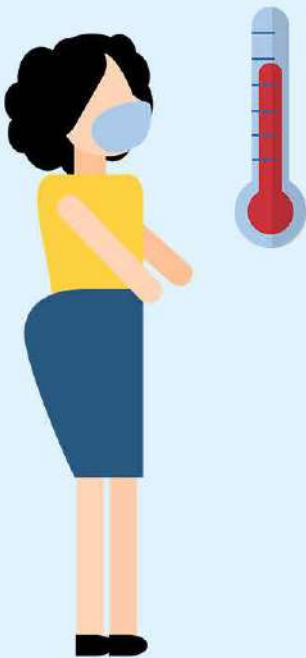
RESTRICTION ON MASS GATHERINGS



Limitations on the number of people inside spaces/areas should be observed. Large gatherings should be suspended.

Limitation on the foot traffic within a space should also be observed.

DETECTION AND ISOLATION OF SYMPTOMATIC INDIVIDUALS



Standard symptom and temperature checks should be done at the entrances of public places and workplaces. Proper referral of all individuals with symptoms of Influenza-Like Illnesses should be in place.

Employers must monitor all employees daily to ensure proper detection of employees with symptoms. Employees with mild flu-like symptoms shall adopt a work from home (WFH) arrangement for the duration of COVID-19 health event.

Immediate isolation of suspected, probable, and confirmed cases in designated areas within the facility should be practiced.

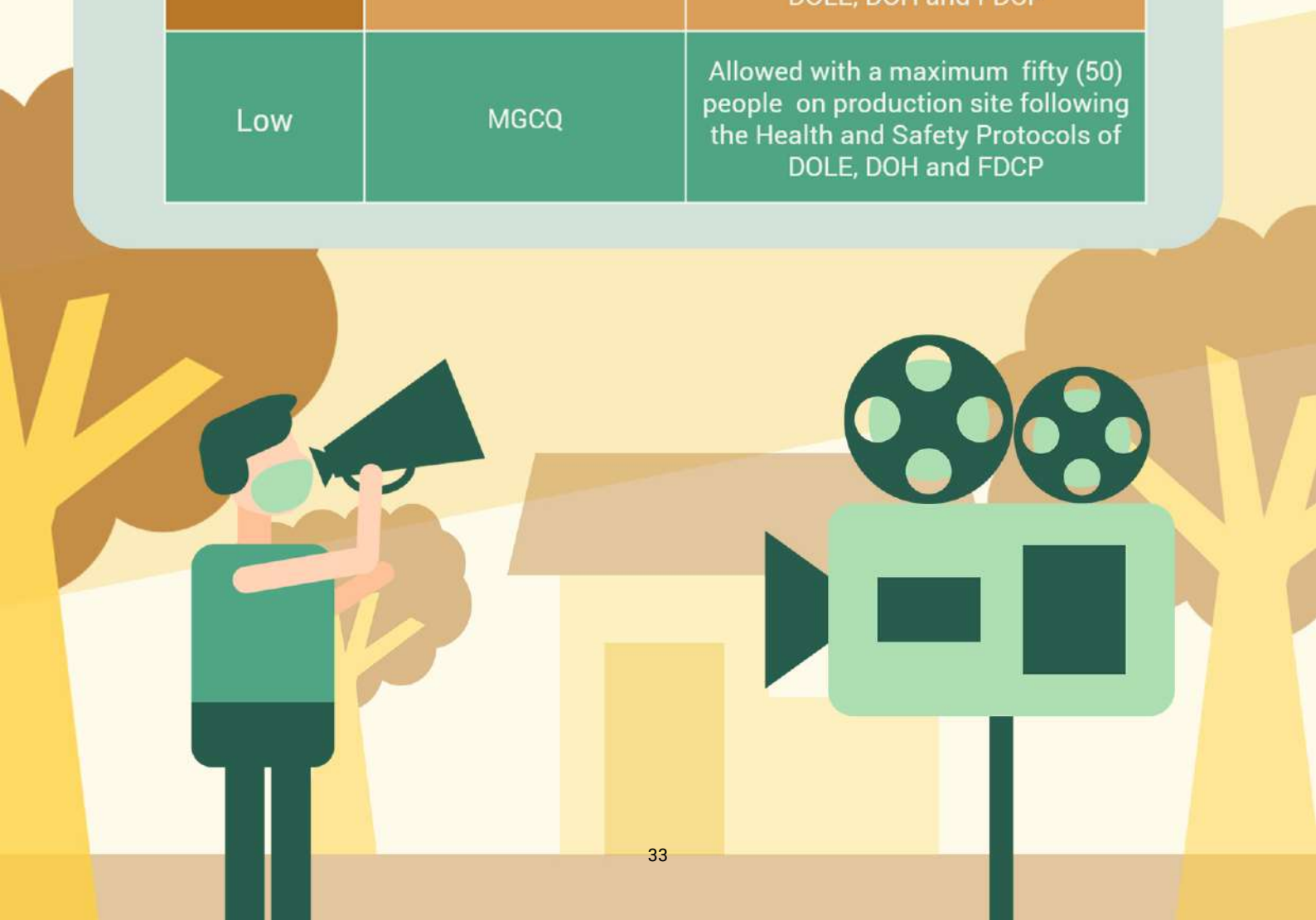


SECTOR-SPECIFIC GUIDELINES

FILM AND AUDIOVISUAL PRODUCTION

RECOMMENDATIONS

Risk Area	Quarantine Classification	Activity Allowed?*
High	ECQ	Not Allowed
	MECQ	Allowed with a maximum fifty (50) people on production site following the Health and Safety Protocols of DOLE, DOH and FDCP
Moderate	GCQ	Allowed with a maximum fifty (50) people on production site following the Health and Safety Protocols of DOLE, DOH and FDCP
	MGCQ, with modifiers	Allowed with a maximum fifty (50) people on production site following the Health and Safety Protocols of DOLE, DOH and FDCP
Low	MGCQ	Allowed with a maximum fifty (50) people on production site following the Health and Safety Protocols of DOLE, DOH and FDCP



SECTOR-SPECIFIC GUIDELINES

FDCP-DOH-DOLE JOINT ADMINISTRATIVE ORDER: HEALTH AND SAFETY PROTOCOLS FOR THE CONDUCT OF FILM AND AUDIOVISUAL PRODUCTION SHOTS AND AUDIOVISUAL ACTIVITIES DURING COVID-19 PANDEMIC

WHAT

The Joint Administrative Order between the Film Development Council of the Philippines (FDCP), the Department of Health (DOH), and the Department of Labor and Employment (DOLE) was made to provide guidelines to ensure the health and safety of workers in the film and audiovisual production industry, as we continue to lift community quarantine and transition to the new normal.

FOR WHO

These guidelines shall cover the following:

- All film and audiovisual companies;
- All film and audiovisual workers including employees, regardless of employment status, and independent contractors/freelancers;
- All forms of film and audiovisual content including motion picture, film, television, animation, advertising, and other audiovisual content;
- All production stages from Pre-production, Production or Principal Photography, and Post-Production;
- All venues of production, including on location, studios, workplace, production sites, and other venues; and
- All others concerned with the conduct of Film and Audiovisual Production Shoots in all stages.

ISSUED BY

Film and Development Council of the Philippines (FDCP)

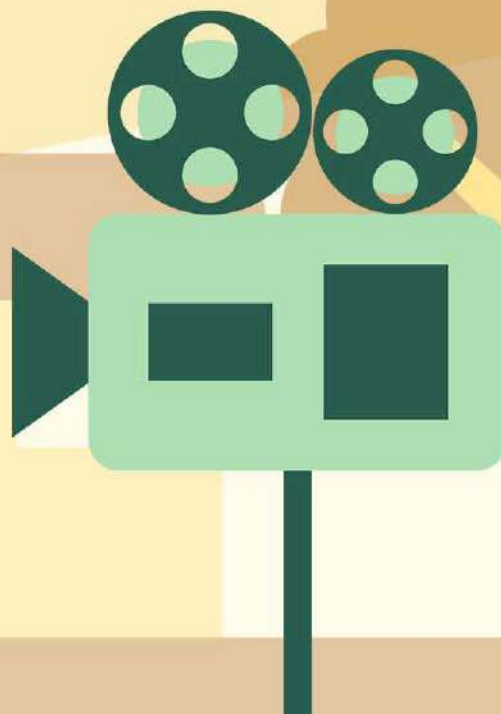
The FDCP shall monitor the implementation of the policy and consolidate reports and recommendations from LGUs and production companies.

Department of Health (DOH)

Continue to update the set minimum public health standards based on most recent evidence available and issue succeeding updates and provide technical assistance in developing the necessary health standards, protocols, and guidelines in the workplace during the COVID-19 Pandemic.

Department of Labor and Employment (DOLE)

Provide technical assistance in developing the necessary labor standards, protocols, and guidelines in the workplace during the COVID-19 Pandemic and enforce penalties for reported violations of this Order.



HIGHLIGHTS

FDCP-DOH-DOLE JOINT ADMINISTRATIVE ORDER: HEALTH AND SAFETY PROTOCOLS FOR THE CONDUCT OF FILM AND AUDIOVISUAL PRODUCTION SHOTS AND AUDIOVISUAL ACTIVITIES DURING COVID-19 PANDEMIC

OSH OFFICIALS

Necessary OSH officer/s shall be present in all workplaces and areas, at all times, during working hours to ensure that COVID-19 health and safety protocols will be in place for the safe conduct of production shoots and activities.

VULNERABLE WORKERS

Producers/Employers are discouraged from allowing workers who are below twenty-one (21) years old, more than sixty (60) years old, workers of any age with co-morbidities or pre-existing illnesses, or workers with a high-risk pregnancy to work on set.

REFUSAL OF UNSAFE WORK

All workers shall have the right to refuse work which they reasonably believe is potentially hazardous to their own health and safety or that of others.

REPORTORIAL REQUIREMENTS

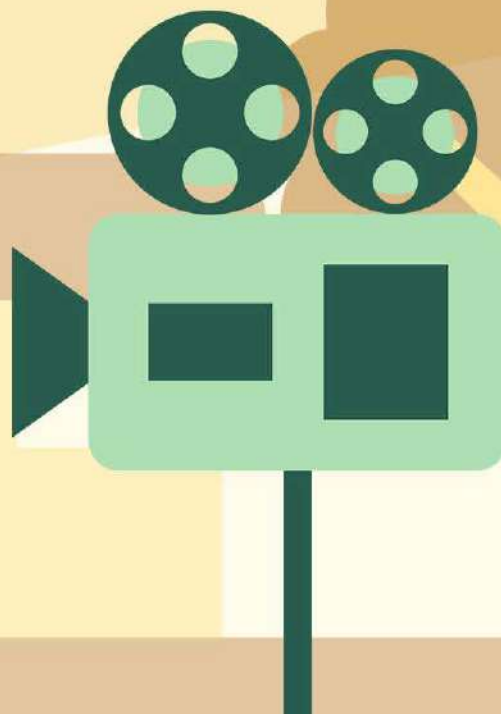
In line with the reportorial requirements of the FDCP-DOLE JMC No. 001 S. 2020, all scheduled production shoots must be reported to DOLE and FDCP at least seven (7) days before the production shoot day

INTERZONAL MOVEMENT

Interzonal movement for the purpose of conducting audiovisual productions shall remain prohibited except when the localities have the same quarantine setup, in which case such movement shall be considered movements within a single quarantine zone.

FOREIGN CAST AND CREW

Allowed travelers entering the Philippines must go into either stringent or mandatory quarantine facilities until COVID-19 test results and the corresponding Quarantine Certificate have been released or if the 14-day stringent or mandatory quarantine has been completed, whichever comes first.



SECTOR-SPECIFIC GUIDELINES

SPORTS AND PHYSICAL ACTIVITY

ALLOWABLE THRESHOLD FOR PROFESSIONAL SPORTS AND PHYSICAL ACTIVITIES

4Ps FRAMEWORK	RISK SEVERITY RATING				
	High Risk Areas (ECQ)	High Risk Areas (MECQ)	Moderate Risk Areas (GCQ)	Moderate Risk Areas (MGCQ, with modifiers)	Low Risk Areas (MGCQ)
Person/ Participants	Solo/ Individual	Solo/ Individual	Maximum 5 players per sport/activity Skeleton workforce but total number of individuals shall not exceed 10	Maximum 10 players per sport/activity Skeleton workforce but total number of individuals shall not exceed 25	Maximum 20 players per sport/activity Skeleton workforce but total number of individuals shall not exceed 50
Public/Private Location	Private Space only	Private Space or Public Space	Private Space or Public Space	Private Space or Public Space	Private Space or Public Space
Physical Environment	Indoors Only	Indoors or Outdoors	Indoors or Outdoors	Indoors or Outdoors	Indoors or Outdoors
Participation	Non-Contact Sports and Activities Only		Non-contact strength and sport-specific training are allowed Professional Combat Sports fights scheduled abroad involving Filipino professional players are allowed		Contact Sports including combat sports are allowed for professional sports provided that the minimum public health standards are met

SECTOR-SPECIFIC GUIDELINES

SPORTS AND PHYSICAL ACTIVITY

ALLOWABLE THRESHOLD FOR NON-PROFESSIONAL SPORTS AND PHYSICAL ACTIVITIES

4Ps FRAMEWORK	RISK SEVERITY RATING				
	High Risk Areas (ECQ)	High Risk Areas (MECQ)	Moderate Risk Areas (GCQ)	Moderate Risk Areas (MGCQ, with modifiers)	Low Risk Areas (MGCQ)
<i>Person/ Participants</i>	Solo/ Individual	Solo/ Individual	Maximum 5 players per sport/activity Skeleton workforce but total number of individuals shall not exceed 10	Maximum 10 players per sport/activity Skeleton workforce but total number of individuals shall not exceed 25	Maximum 10 players per sport/activity Skeleton workforce but total number of individuals shall not exceed 50
<i>Public/Private Location</i>	Private Space only	Private Space or Public Space	Private Space or Public Space	Private Space or Public Space	Private Space or Public Space
<i>Physical Environment</i>	Indoors Only	Indoors or Outdoors	Indoors or Outdoors	Indoors or Outdoors	Indoors or Outdoors
<i>Participation</i>	Non-Contact Sports and Activities Only				



SECTOR-SPECIFIC GUIDELINES

GAB-PSC-DOH JOINT ADMINISTRATIVE ORDER: GUIDELINES ON THE CONDUCT OF HEALTH-ENHANCING PHYSICAL ACTIVITIES AND SPORTS DURING THE COVID-19 PANDEMIC

WHAT

The Department of Health (DOH), Philippine Sports Commission (PSC), and the Games and Amusements Board (GAB) developed a joint issuance to provide guidance for the conduct of health-enhancing physical activities and sports activities during the COVID-19 Pandemic while ensuring the safety of athletes and personnel through strict compliance to the minimum public health standards established by the DOH AO No. 2020 - 0015.

FOR WHO

This Order shall cover all individuals, schools, facilities, offices, and workplaces (public and private), local government units, commercial physical activity-related facilities, and all others concerned.

ISSUED BY

Philippine Sports Commission (PSC)

The PSC shall develop standards and protocols for the conduct of specified sports and other physical activities adherent to minimum public health standards set by DOH (AO No. 2020-0015), in coordination with the GAB.

Games and Amusements Board (GAB)

The GAB shall ensure that professional regulatory processes are well taken into account while at the same time complying with minimum public health standards as set by DOH.

Department of Health (DOH)

The DOH shall continuously update the set minimum public health standards based on most recent evidence available, issue succeeding updates, and provide technical assistance in developing the necessary health standards, protocols, and guidelines on the conduct of physical activities



HIGHLIGHTS

GAB-PSC-DOH JOINT ADMINISTRATIVE ORDER: GUIDELINES ON THE CONDUCT OF HEALTH-ENHANCING PHYSICAL ACTIVITIES AND SPORTS DURING THE COVID-19 PANDEMIC

ON USE OF MASKS

Wearing face masks while playing sports or engaging in physical activities may prevent the individual from breathing comfortably. Professional players and individuals engaging in high-intensity exercises or workouts may be allowed to remove their masks DURING the conduct of activity ONLY but they must practice at least two-meter physical distancing in outdoor facilities or three meters in enclosed and indoor facilities and observe other preventive measures (e.g. placement of barriers between individuals, proper ventilation, etc.). If unable to wear a mask due to high-intensity exercises, face shields may be worn to prevent COVID-19 transmission. Coaches and other personnel must wear masks and other appropriate personal protective equipment at all times.

LIVE AUDIENCES

Until a vaccine for COVID-19 is developed and the threat of the pandemic is eradicated, the resumption of live audience/spectators is suspended. Only the live streaming of such activities is permitted.

FACTORS TO CONSIDER

When deciding to engage in physical activity/sports: you should consider the following:

1. The number of participants
2. The location where the physical activity will be conducted (private space or public space, indoor/outdoor, with proper ventilation)
3. The ability to practice physical distancing for the whole duration of the activity
4. Frequency of using shared equipment or gear

ENSURING SAFETY

1. Disinfect equipment and frequently touched surfaces before and after each use
2. Avoid activities where physical distancing might be difficult to practice
3. Where possible, ensure proper ventilation in indoor spaces by opening the windows or installing HEPA filters
4. Practice regular hand washing and proper cough etiquette
5. If possible, conduct the physical activity/sports inside the safety and comfort of their homes.



SECTOR-SPECIFIC GUIDELINES

DOTR-DILG-DOH-DPWH JOINT ADMINISTRATIVE ORDER: GUIDELINES ON THE USE AND PROMOTION OF ACTIVE TRANSPORT DURING AND AFTER THE COVID-19 PANDEMIC

WHAT

Active transport refers to physical activities such as walking and biking, that are undertaken as a means of transport.

By promoting active transport, the national government aims to address the limitation of public transportation services and encourage more active lifestyles.

FOR WHO

These guidelines cover all active and motorized transport users, commuters, pedestrians and all other road users, as well as implementing agencies and their concerned units.

ISSUED BY

Department of Transportation (DOTr)

The DOTr shall provide technical assistance on the protocols and guidelines for the use of active transport for commuters.

Department of Interior and Local Government (DILG)

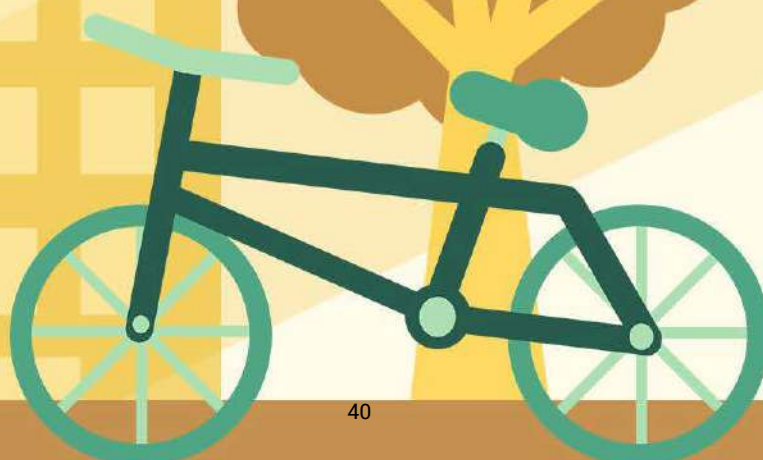
The DILG shall promote and monitor the enactment of active transport ordinances by LGUs and ensure that law enforcement agencies maintain bicycle lanes and walking paths are unobstructed.

Department of Public Works and Highways (DPWH)

The DPWH shall ensure that national roads and bridges under its mandate or jurisdiction shall provide the minimum required walking and cycling infrastructure, as may be feasible.

Department of Health (DOH)

The DOH shall continuously update the minimum public health standards based on most recent evidence available and issue succeeding updates through appropriate policy issuances.



HIGHLIGHTS

DOTR-DILG-DOH-DPWH JOINT ADMINISTRATIVE ORDER: GUIDELINES ON THE USE AND PROMOTION OF ACTIVE TRANSPORT DURING AND AFTER THE COVID-19 PANDEMIC

USE OF FACE MASKS

Bicycle users must wear face masks to decrease the chances of spreading COVID-19. To avoid experiencing difficulty in breathing, bicycle users are advised to bike in low to moderate intensity. Should they need to take a break to restore normal breathing, they may pause and stay in the pedestrian lane, provided that they strictly follow physical distancing.

MINIMUM PUBLIC HEALTH STANDARDS

PHYSICAL DISTANCING

Cyclists are required to maintain at least one meter distance on all sides from other cyclists and pedestrians.

BASIC RESPIRATORY ETIQUETTE

Cyclists are required to follow basic respiratory etiquette while on the road: Tissue or the inner portion of the elbow must be used to cover nose and mouth when sneezing or coughing. Hands must be disinfected, and used tissues must be disposed of properly. Disposal of used tissues, sneezing, or spitting on the streets are strictly not allowed.

ENVIRONMENTAL ETIQUETTE

Littering on the streets is strictly not allowed. Cyclists should dispose of trash in the appropriate trash cans — if none are available, cyclists should pocket trash until a trash can is found.

SMOKING

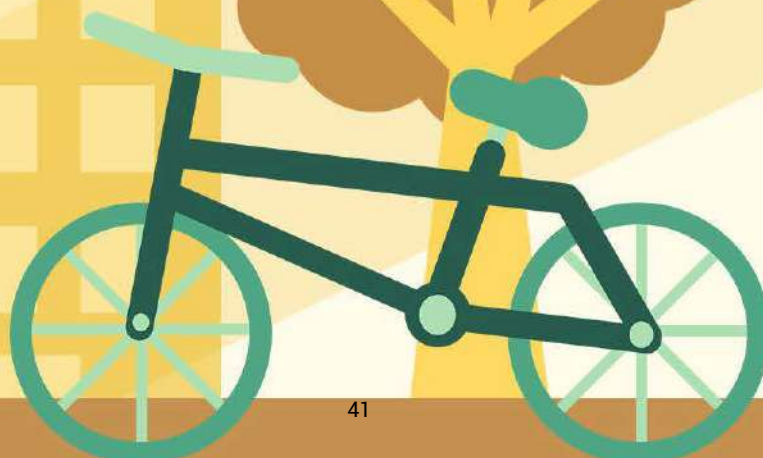
Cyclists are strictly prohibited from smoking in all public areas, including the road. Disposal of cigarette butts on the road is also strictly not allowed.

BIKING IN THE RAIN

Cycling in strong rain is not advised. Cyclists are advised to seek shelter and wait out the rain before resuming. Those who decide otherwise are highly encouraged to have complete safety gear and to bike slowly.

DISINFECTION

Cyclists are advised to regularly disinfect their bicycles after each use, or when coming home.



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A Guide To The New Normal V.1

This document shall be updated regularly. Please refer to the latest version of this document for guidance.

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