



Republic of the Philippines
COMMISSION ON AUDIT
Commonwealth Avenue, Quezon City, Philippines



MEDICAL AND DENTAL SERVICE UNIT

MEMORANDUM

FOR : Director IRMA S. BESAS
Chair, Committee on Sports and Physical Fitness
COA GAD Focal Point System

SUBJECT: Health Advisory to all participants of the NCR and Regional Sports competition

DATE : February 20, 2020

Respectfully submitting to you madam a copy of the health advisory to all participants of NCR and Regional Sports Competition for dissemination to all concerned Regional Directors, Team Managers and Team Coordinators.

Prepared by:

KARLO A. CAYETANO, MD
Head of Medical Team
Committee on Sports and Physical Fitness

Noted by:

MARIFI ROCHELLE G. DIZON, MD
Director II
Medical and Dental Services

HEALTH ADVISORY
(For All Participants to COA NCR and Regional Sports Competition)

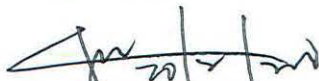
Last February 18, 2020, the Department of Health, Department of Interior and Local Government and Department of Tourism released a joint statement about large gathering against COVID - 19 announcing that “it is safe to organize and attend public gatherings, meetings and festivals as long as all precautionary measures identified by DOH are observed.”

It's Safe to Organize, attend public gatherings despite COVID -19 scare Philstar.com, Rosette Adel.2/18/2020

Following the DOH precautionary measures, the Committee on Sports and Physical Fitness hereby recommends the following:

- 1) Team Managers, Coordinators and Food Committee should purchase and provide all players and participants with 70% Isopropyl /Ethyl Alcohol or Alcohol base hand sanitizer which is currently recommended as effective agent to prevent the contamination of the bacteria and viruses.
- 2) Encourage all players and participants to wash their hands with soap and water completely before and after the activity or game.
- 3) Advise all players and participants to take 8 -10 glasses of water and vitamin C a day to strengthen their immune system.
- 3) All players and participants who suddenly had cough, colds, sore throat, fever, other respiratory symptoms and diarrhea should seek immediate consult to a nearby clinic or hospital for further evaluation and management.
- 4) All players and participants who were allowed to join the said activity or game after incurring a respiratory symptom should wear a face mask in order to avoid the spread of a particular disease. A medical certificate issued by the attending physician should be presented stating that they are allowed to participate in the activity.
- 5) Team Managers and Coordinators are hereby advise to monitor their players and participants and report immediately to the Committee on Sports and Physical Fitness of any disease that were noted during the conduct of the said competition for record and surveillance purposes.

For Compliance,



Director IRMA S. BESAS
Chair, Committee on Sports and Physical Fitness
COA GAD Focal Point System



KARLO A. CAYETANO, MD
Head of Medical Team
Committee on Sports and Physical Fitness