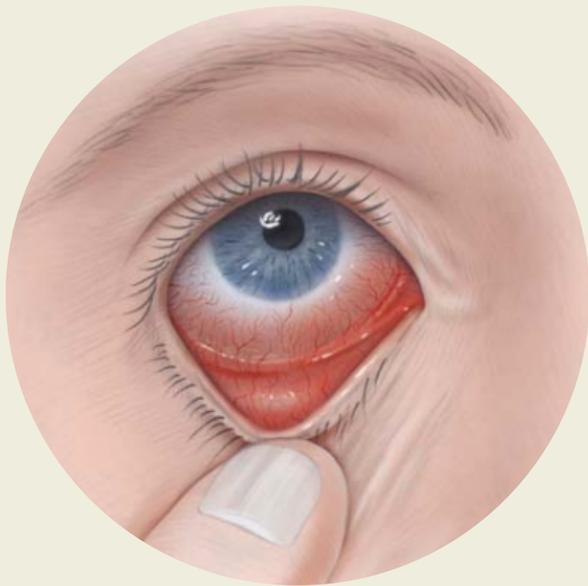


Pink Eye Alert

PINK EYE / CONJUNCTIVITIS / SORE EYES



is an eye condition which is spreads very fast but be easily avoided. This bulletin is issued to increase awareness and reduce the spread of this contagious disease.

Manifestations:

1. Commonly manifested as swelling of the eyes with associated gritty or sandy feeling in the eyelid.
2. May or may not have exudates (muta) forming anytime of the day
3. May have accompanying fever, headache or a general feeling of unwellness.
4. May or may not be accompanied by colds
5. Increased amount of tears
6. Light sensitivity

HOW TO AVOID:

1. Conjunctivitis is spread via skin to skin contact as such frequent hand sanitation is important
2. Do not rub your eyes with your hands
3. Consider secretions from the nose and mouth of infected individuals as something infectious
4. Avoid sharing eye and face makeup. Contaminated sponges should be disposed. A recurrence of the conjunctivitis may happen if eye makeup is contaminated.

QUICK FACTS:

1. A prescription is required for all eye preparations/medications and as such consult with a physician is mandated.
2. Not all red eyes are conjunctivitis. Some can be acute angle glaucoma which is an ophthalmologic emergency. If eye pain is severe, seek medical help immediately.
3. Philippine FDA has not approved any herbal concoctions for the eyes.
4. Some eye infections if left untreated can cause blindness
5. Companies will never have any supply of "emergency antibiotic eye drops" to prevent cross infection and contamination

MEDICAL ADVICE:

1. Clean affected eye/s 2-3 x a day using baby shampoo (to prevent further eye irritation)
 - Mix ½ teaspoon shampoo with 1 glass water and use to was eyes to remove crusting.
2. Do not force open crusted eyes to prevent eyelashes from being pulled from the roots
3. Use disposable tissue to dry eyes and always properly dispose of used tissue immediately
4. If already infected, refrain from touching door knobs and avoid high traffic areas to avoid spreading the disease both in the work place and at home.

Running Safe!

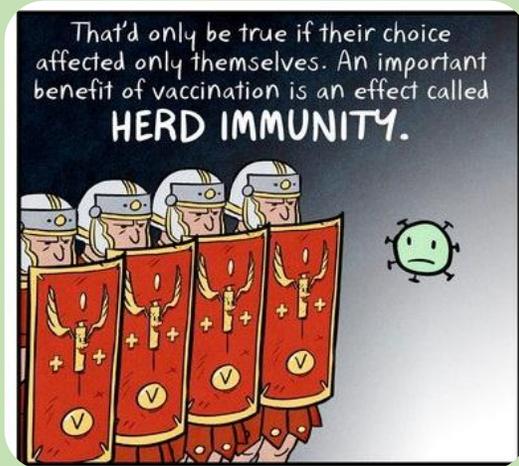
Health and Safety Reminders for Employees Joining the CSC Run tomorrow September 3, 2016



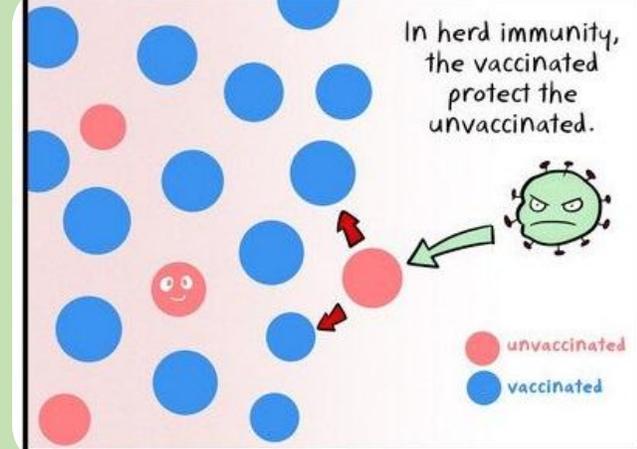
Sleep	Get at least 6 hours of sleep prior to running.	Hydrate	Hydration stations are there to provide water, use it always
Load up	Not on food but on electrolytes. Electrolyte rich foods such as Banana and papaya are ideal. You can also drink an oral rehydrating solution (ex. Hydrite) prior to the race to reduce chances of cramps	Be Aware	Chest pains that won't go away with rest, blurring of vision, and persistent breathlessness are danger signs, seek help from organizers if these appear
Stretch	A dynamic stretch is important to avoid sports injuries. Arrive early in the starting line and join the Zumba class to stretch out your joints prior to the run	Run in Groups	There is always safety in numbers. So stay in groups. If you prefer a less crowded running area, have a running buddy.
Look out	Be aware of your surroundings, avoid wearing headphones as you may not hear oncoming traffic or approaching danger such as dogs	Eat Up	Muscles recover faster if they have enough building materials for repair, so eat the appropriate amount of food. Weight loss is not achieved by starving yourself after a run, consistency of the exercise is the key to a healthy weight loss



Run Healthy, Run Safe!



If enough people are vaccinated against a disease (typically 83-85%), it has trouble spreading. This protects people who are not vaccinated, either because they are too young or have an allergy or other underlying medical condition.



Category	Definition	Reaction	Treatment
Minor Reaction	Usually occur within a few hours of injection. Resolve after short period of time and pose little danger.	Pain, Swelling, Redness	Cold cloth at injection site; paracetamol
		Fever > 38°C	Increase fluid intake; wear cool clothing; sponge bath; paracetamol
		Irritability, body weakness	Increase fluid intake
Severe Reaction	Usually do not result in long-term problems. Can be disabling. Are rarely life threatening. Include seizures and allergic reactions caused by the body's reaction to a particular component in a vaccine.	Include serious reactions but also include other severe reactions. include, among others, seizures, thrombocytopenia, loss in sensory awareness or loss of consciousness accompanied by paleness and decreased muscle tone.	Report immediately to physician or nearest hospital. Although not life threatening, prevention of long terms effects is paramount thus there is more need to treat symptoms immediately.

There is low public tolerance of vaccine adverse reactions. Vaccines are therefore only licensed when the frequency of severe reactions is very rare and when only minor, self-limiting reactions are reported.

Dear All,

As announced last Monday during the flag ceremony, CITEM will be joining the metro-wide MMDA Shake Drill. Hence, we highly encourage everyone to report **before 9:00 am**. The simulation will be held on the prescribed schedule by MMDA.



When will it happen, and how do we know it is starting?

The ShakeDrill will be conducted on June 22, Wednesday at 9:00 AM in Metro Manila. It will be held at the same time as the National Simultaneous Earthquake Drill.

At 9:00 AM, radio stations will sound the earthquake alarm which will signal the start of the drill. Your company, church, school, or institution may also sound their own alarms or bells.

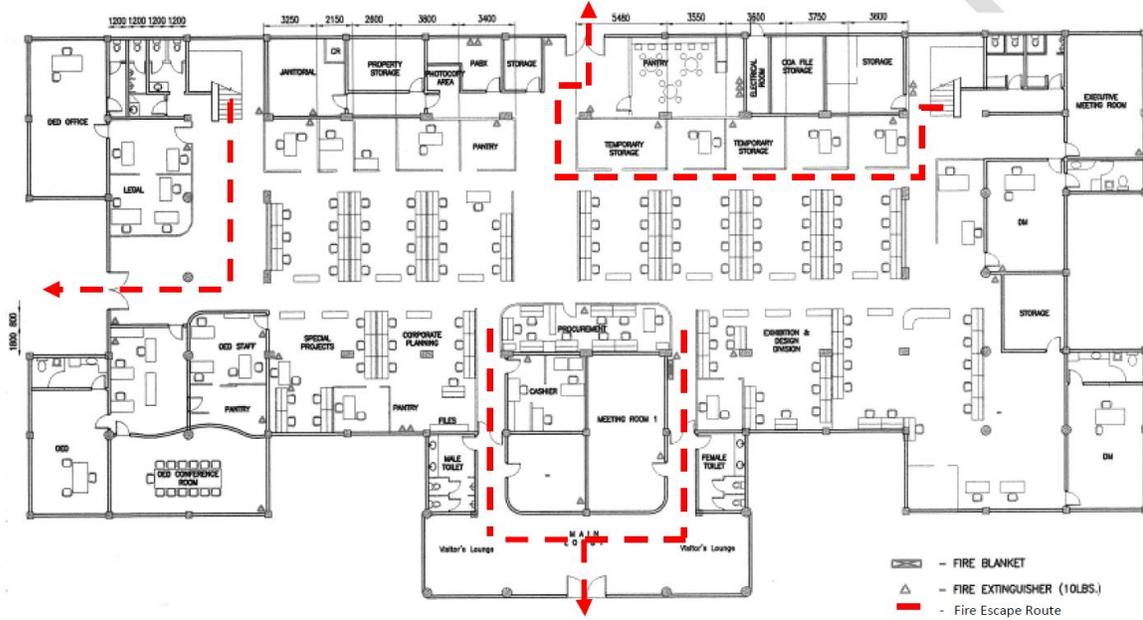
As soon as you hear the CITEM alarm (long buzzer) which will serve as the “Earthquake” signal, we should ALL do the **DROP, COVER, and HOLD** method.



Once the alarm goes off, everyone should proceed (in cover position) to the open area in **front** of HallONE (not in the pergola area).

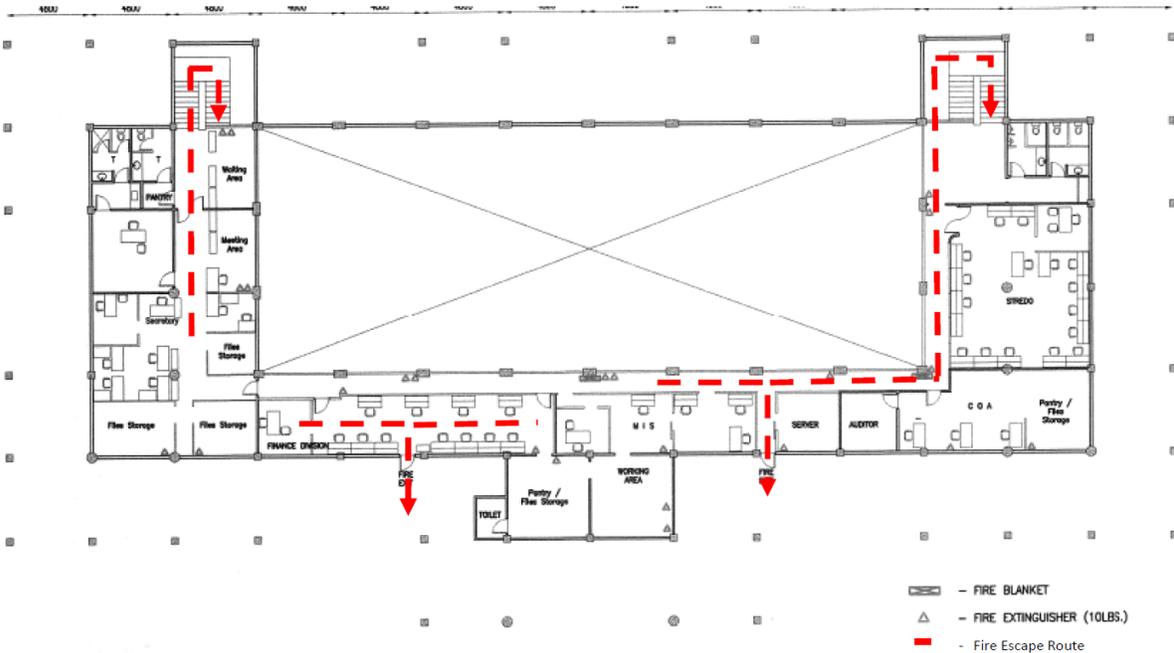


You may refer to the Evacuation plan prepared by Dr. Labanda (used last year).



GROUND FLOOR FIRE PROTECTION PLAN

Figure 1 Golden Shell Pavilion 1st Floor Evacuation Plan



SECOND FLOOR FIRE PROTECTION PLAN

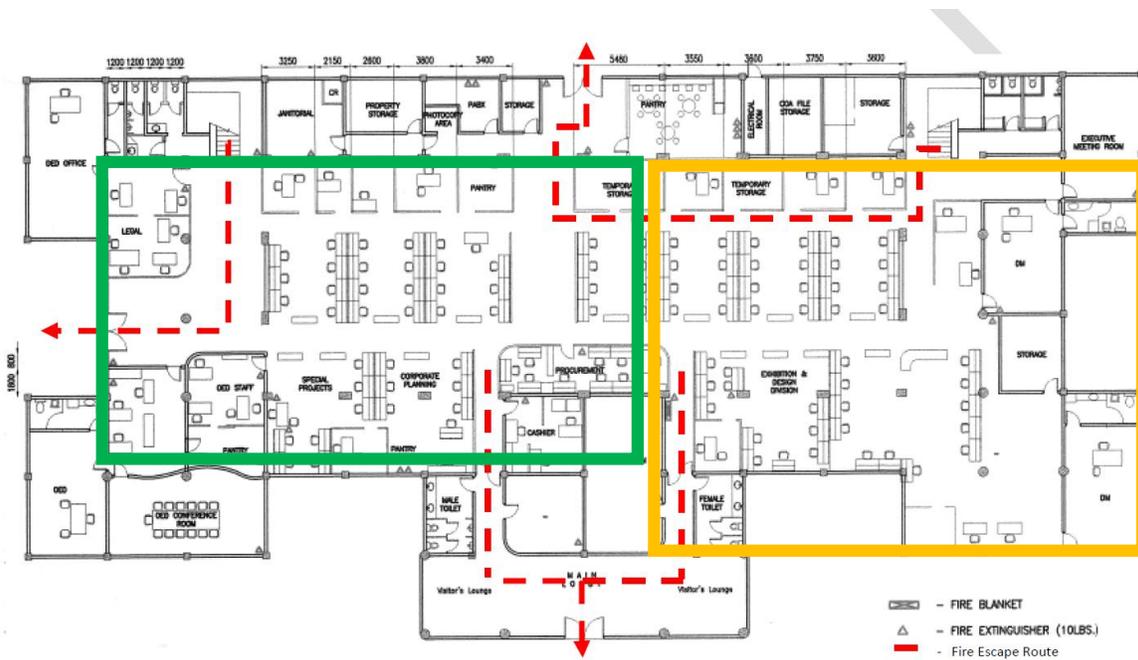
Figure 2 Golden Shell Pavilion 2nd Floor Evacuation Plan

Emergency Team leaders were already given specific areas of assignment during evacuation to ensure that all employees are informed of the evacuation and aid those in need during emergencies.

Team Leaders assigned are:

Ground Floor

Team Leader	Area coverage
Alen Auric Santos	CorPlan, PR & Comm, Online Promotions, Legal & BAC, OED
Norman Bagulbagul (As Noni Agulto's alternate)	Creative, PMD, VCAP, Ms. Leah & Sir Art's area

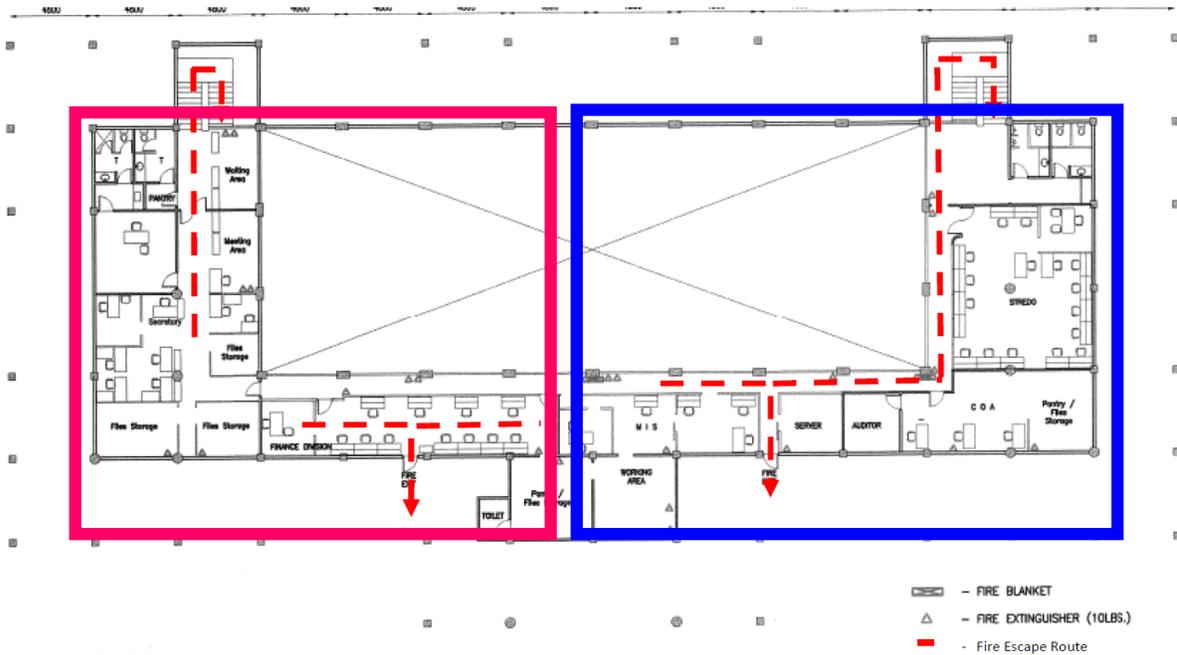


GROUND FLOOR FIRE PROTECTION PLAN

Figure 1 Golden Shell Pavilion 1st Floor Evacuation Plan

Second Floor

Team Leader	Area coverage
Louie Enriquez	Finance, HR
Charlemagne Torres	SLMD, COA, ASD



SECOND FLOOR FIRE PROTECTION PLAN

Figure 2 Golden Shell Pavilion 2nd Floor Evacuation Plan

Disclaimer: Please be informed that the following assignments could be changed as per the advise of Pasay City Disaster Risk Reduction Management Office which will be further discussed.

THANK YOU!

CITEM BEAT THE HEAT!



Keep Hydrated

Drink 3 to 4 liters of water per day

Take Cool Showers 1-2 x a day

Shower



Avoid

Hot and Spicy foods, Alcohol, Tea, and Coffee can worsen dehydration

Minimum of 6 hours continuous sleep

Sleep



Cool it

Stay in the shade as much as possible

Use appropriate cooling methods

Chill



Eat Cool

Eat refreshing foods such as salads or fruits

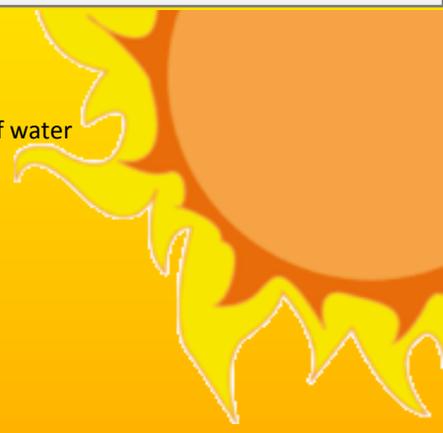
Wear light colored and light materials as much as possible

Dress Down



Check your neighbor

Your officemate may be experiencing heat related illnesses and may not know it. Be vigilant



IS IT AN EMERGENCY?

Fainting
No sweating noted
Unresponsive

Bring to hospital if no immediate medical help is available!

Created by:
Felix F. Labanda Jr., MD, DPCOM
CITEM – OSH Physician



If you saw a heat wave,
would you wave back?
- Steve Wright

Rational use of Medicines: Antimicrobials

Antimicrobials – drugs used to treat bacterial, fungal, viral and parasitic infections



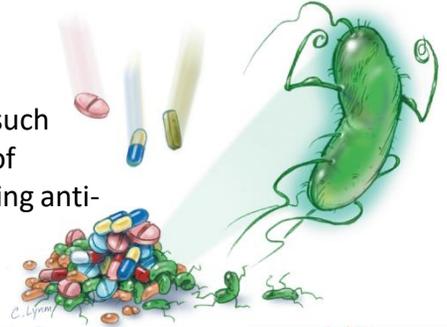
Why

do we need to complete our prescriptions?
are prescriptions necessary?

can't we use the same antimicrobials for an officemate with the same symptoms?

Completing prescribed antimicrobials ensures that microorganisms do not develop antimicrobial resistance.

Antimicrobial resistance (AMR) is defined as the ability of microbes, such as bacteria, viruses, parasites or fungi to grow despite the presence of antimicrobials that would normally kill or inhibit their growth rendering antibiotics ineffective against previously treatable infections.



Infected Patient



Consulted Physician but did not complete prescribed medications



Not all bacteria is killed



Development of Antimicrobial Resistance

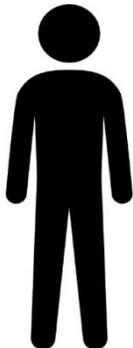
Taking the right medications the first time is safer and more cost effective

AMR leads to more expensive medications and more side effects

Using another person's prescription is **dangerous** and should **NEVER** be done.



You
cough



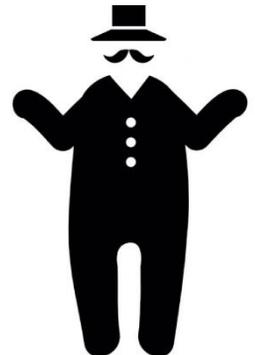
Officemate1
cough and diabetes



Officemate2
cough and
Bodybuilding supplements



Officemate3
cough and hypertension
and known allergies



Officemate4
cough and Obesity

CITEM

Occupational
Safety and Health

Back Pain



As you work, your muscles are subjected to repeated movements coupled with deadlines and a poor posture. Over time, this accumulated trauma will cause back pain.

Shoulder pain, arm numbness, and finger tingling sensations can be beginning symptoms of chronic back problems. When these are felt, it is best to perform stretching exercises while you are seated in your office table.

Before doing the stretching exercises make sure that your seat will not roll and you will not hit anyone or anything while doing the exercises.

Don't be shy about doing it. On-lookers will not pay for your medical bills.

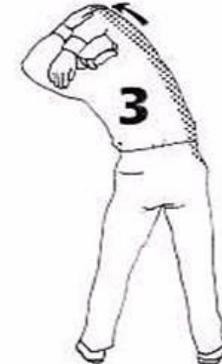
- Labanda, 2016



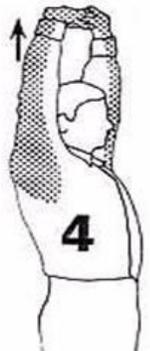
10-20 seconds
2 times



10-15 seconds



8-10 seconds
each side



15-20 seconds



3-5 seconds
3 times



10-12 seconds
each arm



10 seconds



10 seconds



8-10 seconds
each side



8-10 seconds
each side



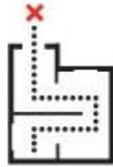
10-15 seconds
2 times



Shake out hands
8-10 seconds



Get a kit
that contains
emergency supplies
and is easy to carry



Make a plan
to make sure you can
reconnect with family
and remain safe

What to do Before an Earthquake

- Make sure you have a fire extinguisher, first aid kit, a battery-powered radio, a flashlight, and extra batteries at home.
- Learn first aid.
- Learn how to turn off the gas, water, and electricity.
- Make a plan of where to meet your family after an earthquake.
- Don't leave heavy objects on shelves (they'll fall during a quake).
- Anchor heavy furniture, cupboards, and appliances to the walls or floor.
- Learn the earthquake plan at your workplace.



Be informed
of your local risks and
emergency authority
notifications



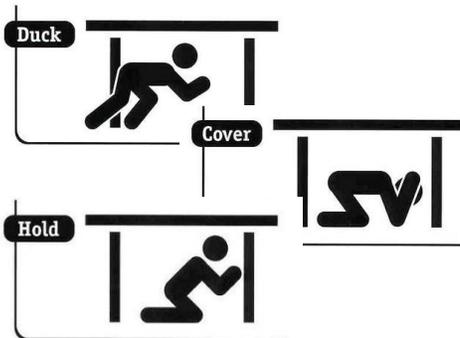
Minimize financial hardship
by organizing important documents,
strengthening your property,
and considering insurance.



DTI Emergency Preparedness Plan Earthquake

What to do During an Earthquake

- **Stay calm!** If you're indoors, stay inside. If you're outside, stay outside.
- If you're indoors, crawl under a sturdy furniture (a desk or table). Stay away from windows (breaking glass may hit you)
- If you're outdoors, stay in the open away from power lines or anything that might fall. Stay away from buildings (materials may fall off the building or the building could fall on you).
- If you're in a car, stop the car and stay inside the car until the earthquake stops.



What to do after an earthquake

 TURN OFF water, electricity and gas	 USE the stairs	 DO NOT USE elevators
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What to do After an Earthquake

- Check yourself and others for injuries. Provide first aid to anyone who needs it.
- Turn on the radio. Don't use the phone unless it's an emergency.
- Stay out of damaged buildings.
- If barefoot, wear shoes to keep from cutting your feet on broken glass or debris
- Electric posts with transformers, they may fall on you.
- If caught near a beach, move to higher ground just in case a tsunami is produced.
- Stay away from damaged pavement, the earth beneath it may have opened underneath.
- Follow the emergency plan or the instructions of the person in charge.
- Expect aftershocks.
- Study MMDA's Oplan Yakal Plus

 PUT OUT any fire	 LIGHT with flashlights, not fire	 DO NOT ENTER damaged buildings
 If you are trapped	Cover your mouth and nose; don't shout because you can suffocate in the dust. Hit with an object to show your position	 Injured people
 Be alert to the possible aftershocks that might occur	 Do not use the phone unless absolutely necessary	 Pay attention only to information from the authorities

On June 22, 2016, Wednesday, 9 am MMDA enjoins us to simulate a magnitude 7.2 earthquake striking metro manila. This will help us create a mental image and plan of what may happen and what can be done to stay alive.

<p>METRO MANILA SHAKE DRILL SCENARIOS</p> <p>WESTERN QUADRANT SCENARIOS:</p> <ul style="list-style-type: none"> FIRE SUPPRESSION SEARCH AND RESCUE OPERATIONS RUSHING OF PATIENTS TO HOSPITALS MANAGEMENT OF CADAVERS <p>COMMAND CENTER: INTRAMUROS GOLF COURSE</p>	<p>Western Quadrant</p> <ul style="list-style-type: none"> Manila, Malabon, Navotas. Command Center: Intramuros Golf Course in Manila If your location at the time of the earthquake is nearer a command center of another quadrant you may go there instead. 	<p>METRO MANILA SHAKE DRILL SCENARIOS</p> <p>NORTHERN QUADRANT SCENARIO:</p> <ul style="list-style-type: none"> EVACUATION OF 1,500 RESIDENTS TREATMENT OF 100 DISASTER VICTIMS <p>COMMAND CENTER: VETERANS HOSPITAL</p>	<p>Northern Quadrant</p> <ul style="list-style-type: none"> Quezon City, Caloocan, Valenzuela, San Juan, Mandaluyong Command Center: Veterans Memorial Medical Center Parking Lot in Quezon City. If your location at the time of the earthquake is nearer a command center of another quadrant you may go there instead.
<p>METRO MANILA SHAKE DRILL SCENARIOS</p> <p>EASTERN QUADRANT SCENARIO:</p> <ul style="list-style-type: none"> COLLAPSED HOUSE OR BUILDING COLLAPSED ELECTRICAL POST MARIKINA BRIDGE COLLAPSE <p>COMMAND CENTER: LRT 2 SANTOLAN DEPOT</p>	<p>Eastern Quadrant</p> <ul style="list-style-type: none"> Marikina, Pasig Command Center: LRT2 Santolan Depot, Marikina If your location at the time of the earthquake is nearer a command center of another quadrant you may go there instead. 	<p>METRO MANILA SHAKE DRILL SCENARIOS</p> <p>SOUTHERN QUADRANT SCENARIO:</p> <ul style="list-style-type: none"> SKYWAY COLLAPSE CAR FALLING FROM SKYWAY EXTRICATING 5 PASSENGERS FROM A CAR VEHICULAR FIRE <p>COMMAND CENTER: VILLAMOR AIR BASE</p>	<p>Southern Quadrant</p> <ul style="list-style-type: none"> Makati, Pateros, Pasay, Taguig, Paranaque, Las Pinas, Muntinlupa Command Center: Villamor Air Base, Pasay City If your location at the time of the earthquake is nearer a command center of another quadrant you may go there instead.

- Hotline 136 will be active even after an earthquake and can connect you to the nearest command center.
- Quadrants were formed, based on possible geographic isolation caused by breaking of bridges or flyovers.
- In all scenarios, expect that organized help may only become available 3 days after the earthquake.
- Expect that rescuers have also been affected by the earthquake.

Earthquake Questions

Shaking Reasons

How far is your house from your work?	Sometimes it is better to walk to the nearest house of a relative and get assistance from there rather than walk straight to a house that is located far away.
If needed can you walk home?	Consider the physical exhaustion, hunger and thirst associated with this task. Do not embark on walking without planning for food, water, personal needs and safety.
How many bridges have you crossed?	They may collapse after an earthquake, consider other routes or means to cross a river.
Are there many buildings along your path?	Old or high rise buildings may cause path obstruction when they collapse, know other routes
Can you drive home after an earthquake?	Sometimes, taking the car outside of a building may be dangerous if the building is no longer structurally sound.
Are you near a command center?	The MMDA quadrant command centers have been pre-equipped with communication and life sustaining devices pre-positioned for such events.
Have I prepared the proper medications?	Supplies may run low due to multiple injuries

Medication	Rationale	Medication	Rationale
Hydrogen peroxide	To wash and disinfect wounds	Individually wrapped alcohol swabs	To sanitize skin patches
Antibiotic ointment	To prevent wound infection	Aspirin and non-aspirin tablets	For pain
Diarrhea medicine	To stop diarrhea effects and side effects from manifesting	Prescriptions and any long-term medications (keep these current)	Maintenance medications may run low due to breakdown of supply lines.
Eye drops	To remove dust or irritants in the eyes usually present in the air after an event such as this	Anti-allergy	Dust from debris may induce allergic cough

Materials needed to address wounds:	Good to have first aid supplies			Home / Work Survival Kit	
1. Bandage strips	First aid book	Tissues	Safety pins	Footwear	Flashlight, and extra batteries
2. Ace bandages	Scissors	Sunscreen	Needle and thread	Heavy duty gloves	Blankets or towels
3. Rolled gauze	Tweezers	Paper cups	Instant cold packs for sprains	Candles / Matches	Portable radio
4. Cotton-tipped swabs	Thermometer	Pocket knife	Sanitary napkins	Change of clothing	If with pets, food for pets
5. Adhesive tape roll	Bar soap	Small plastic bags	Splinting materials	Utility Knife	toilet tissue
				cash	Whistle or other signaling device

Formulate escape plans with your family members. Set realistic targets in the formulation of the disaster preparedness plan for your family. Do not be afraid to ask “what if?” since this will prepare members on what can be done. Our goal in the department is to stay alive and return safely to our families so that we can start helping others.