



Republic of the Philippines
PROVINCE OF CAGAYAN
Alimannao, Penablanca, Cagayan
OFFICE OF THE GOVERNOR

EXECUTIVE ORDER NO. 20

Series of 2020

AN EXECUTIVE ORDER ON THE NEW NORMAL IN THE PROVINCE OF CAGAYAN

WHEREAS, on May 1, 2020, the Province of Cagayan shall be under General Community Quarantine.

WHEREAS, a GCQ poses a greater risk of infection to the public, and a far greater challenge for local government units to implement safety protocols, security protocols, and put in place the necessary measures and install critical facilities to address and control a possible resurgence that could overwhelm our local health system;

WHEREAS, it is essential that the Provincial Government impose the minimum public health standards that must be practiced by every individual or entity within the Province of Cagayan to minimize or eliminate COVID19 cases and possible COVID19 related deaths in the Province;

NOW THEREFORE, I, MANUEL N. MAMBA, Governor of the Province of Cagayan, by virtue of the powers vested in me by law, do hereby order the following minimum public health standards for the reduction of COVID19 cases in the Province of Cagayan:

Section 1. The MINIMUM PUBLIC HEALTH STANDARDS IN THE PROVINCE OF CAGAYAN (MPHSP), as herein provided, are the health standards that every individual or entity within the Province of Cagayan shall practice at home, in the workplace, in the community, in schools, in establishments, in public transportation, and in their daily life as the "NEW NORMAL".

- I. **Increase Physical and Mental Resilience**
 - a. Promote Healthy lifestyle
 - 30 minutes moderate exercise at least 4 times a week
 - Have at least 6 to 8 hours of sleep every night
 - Have a balanced and nutritious diet (Pinggan Pinoy)
 - Drink at least 6-8 glasses of water a day
 - Take vitamins and supplements
 - No drinking and smoking in public places
 - b. Promote Mental Health
 - Refrain from stress, if possible
 - Enhance spiritual growth or practice meditative activities
 - Engage in meaningful family interactions in the home
 - c. Provision of Support for Vulnerable Groups
 - Proper information and individualized health services
 - Vulnerable sector to be visited at their residence for check-up, medication and assistance

II. Reduce Transmission

- a. Respiratory Hygiene and Cough Etiquette
 - Avoid spitting in public places
 - Cough on your elbow or use any covering, avoid using hands as far as practicable
 - Regularly brush teeth and gargle
- b. Reduce Exposure of Vulnerable Individuals
 - Stay at home
 - Have on hand important contact information for emergency cases or for assistance
- c. Personal Hygiene
 - Washing of hands for 20 seconds (sing happy birthday and bahay kubo)
 - Use of alcohol and hand sanitizer
 - Refrain from touching your face
 - Do not share personal items such as cosmetics
 - Take daily baths and immediately upon arriving home from anywhere outside of the residence
 - Do not reuse clothes worn outdoors
- d. Environmental Hygiene
 - Use of foot baths before entering the household, offices and establishments
 - Regular disinfection of home, offices, vehicles
 - Ensure proper ventilation
 - Proper disposal of used PPEs mask and gloves
- e. Use of PPEs
 - Health sector-proper donning and doffing of PPEs mask and gloves
 - Community-mandatory and proper use of face mask when outside the residence

III. Reduce Contact

- a. Practice Physical Distancing
 - No physical contact and maintain 4sq.m personal space per individual
 - Use of online platforms for communication, socialization, commerce, and other social/business/economic activity
 - Use of delivery and courier services
 - Service requests by appointment
- b. Modified Work Structures and Schedules
 - Reduce manpower operation by at least 50% through compressed workweek, work from home, tele or video conferencing, leveraging new technologies
 - Medical consultation by appointment through hotlines, or through tele/video consultation, except emergency cases

- c. Limitation of Non-Essential Services
 - Strict monitoring of compliance with restrictions and prohibited activities/sectors
 - Maintain essential frontline services only
- d. Restriction on Mass Gathering.
 - Socialization through online platform
 - Meetings, workshops, conferences, fellowships using telecommunication, media or online platforms

IV. Reduce Duration of Infection

- a. Detection and Isolation of Symptomatic Individuals.
 - Swabbing and isolation for mild to moderate suspects in 12 hospitals under PGC if in-patient, and in quarantine facilities of the LGUs for non-patients
- b. Management of Covid-19 Patients
 - Severe and critical patients/cases will be referred to and managed by CVMC

V. Increase Surveillance

- a. Anti-body/COVID19 Testing
 - Antibody testing for all new entrants to the Province
 - All PGC personnel
 - Strategic mass testing of 2.5% of total population of the Province
- b. Social Awareness
 - Maintain a daily diary or list activities and interactions to facilitate contact tracing, if warranted
 - Keep abreast of latest news, announcements, ordinances, orders or declarations of Local, Provincial and National Officials


Section 2. All Local Government Units, Barangays, the PNP and other law enforcement agencies, including heads-of-the-families, senior citizens and community leaders shall enforce these minimum health standards.

Section 3. All executive orders, rules, regulations or other issuances, or parts thereof, which are inconsistent with this Executive Order are hereby revoked, amended or modified accordingly.

Section 4. Any portion or provision of this Executive Order that may be declared unconstitutional shall not have the effect of nullifying its other portions or provisions as long as such remaining portions can still be given effect.

Section 5. This Executive Order takes effect immediately.

Done this 1st of May 2020 at Alimannao, Peñablanca, Cagayan.


MANUEL N. MAMBA
Governor