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01 April 2020

CUSTOMS MEMORANDUM CIRCULAR
NO. 103-2020

To: The Assistant Commissioner
All Deputy Commissioners
All Directors and Division Chiefs
All District/Port Collectors
And Others Concerned

Subject: Suggestions for Immunity Build-Up and Initial Countering of Virus Multiplication (COVID-19)

Attached is a copy of the e-mailed letter from Mr. Nathan Eliezer R. Bayasen, Department of Finance dated 31 March 2020, forwarding suggestions for immunity build-up and initial countering of virus multiplication specially when exposed to person with COVID-19:

- a) Increase oral fluid intake to 2-3 liters per day
- b) Start on Vitamin C (with Zinc if available) 2000mgs per day
- c) Take lozenges as often as possible. Strepsils with its alcohol content would help sanitize your throat where the virus initially multiplies
- d) Take hot beverages such as tea as often as possible again to help sanitize your throat
- e) Alcohol constantly in your pocket to sanitize hands to prevent spread to others that is after washing your hands with soap as often as needed for at least 20 seconds
- f) Always wear mask, again to prevent spread to others or to prevent from getting it
- g) If exposed to a positive COVID person without masks on both parties, do self-quarantine for 14 days
- h) Watch out for symptoms of dry cough and fever

For your information and guidance.

For record purposes, please confirm the dissemination of this circular throughout your offices within fifteen (15) days from receipt hereof.


REY LEONARDO B. GUERRERO

Commissioner
APR 08 2020



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CMC No. 103-2020 9.2



Internal Admin Group
Received by: VICKY REYES
Date: 04/07/2020
Time:

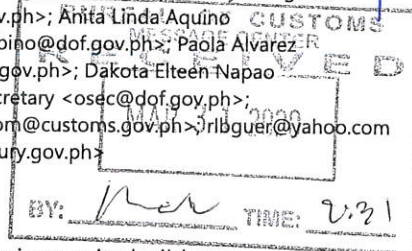
Suggestions for Immunity Build-Up

Nathan Eliezer Bayasen <nbayasen@dof.gov.ph>

Tue 3/31/2020 11:31 AM

To: Karl Chua <karlchua@dof.gov.ph>; Antonette Tionko <ationko@dof.gov.ph>; Karen Singson <ksingson@dof.gov.ph>; Bayani Agabin <bagabin@dof.gov.ph>; Mark Dennis Joven <mdjoven@dof.gov.ph>; Beltran Gil <gbeltran@dof.gov.ph>; Anita Linda Aquino <aaquino@dof.gov.ph>; Soledad Emilia Cruz <scruz@dof.gov.ph>; Antonio Joselito Lambino <alambino@dof.gov.ph>; Paola Alvarez <palvarez@dof.gov.ph>; Ma. Teresa Habitan <mhabitan@dof.gov.ph>; Ma. Edita Tan <meztan@dof.gov.ph>; Dakota Elteen-Napao <dnapao@dof.gov.ph>; Danielle Marie Rieza-Culangen <drieza@dof.gov.ph>; DOF-Office of the Secretary <osec@dof.gov.ph>; caesar.dulay@bir.gov.ph <caesar.dulay@bir.gov.ph>; BOC OFFICE OF THE COMMISSIONER <bec.ocom@customs.gov.ph>; rlbguer@yahoo.com <rlbguer@yahoo.com>; oed@blgf.gov.ph <oed@blgf.gov.ph>; Rosalia V. De Leon <rvdeleon@treasury.gov.ph>

MASTER COPY



Dear Principals,

As instructed by Secretary Dominguez, I am forwarding the below suggestions for immunity build-up:

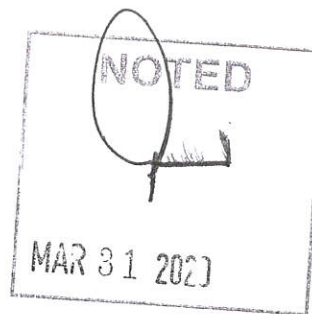
"For immunity build-up and initial countering of virus multiplication specially when exposed to person with + covid 19:

- A) increase oral fluid intake to 2-3 liters per day.
- B) start on Vitamin C (with Zinc if available) 2000 mgs per day.
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- E) Alcohol constantly in your pocket to sanitize hands to prevent spread to others that is after washing your hands with soap as often as needed for at least 20 seconds
- F) Always wear mask, again to prevent spread to others or to prevent from getting it.
- G) If exposed to a positive covid person without masks on both parties, do self quarantine for 14 days.
- H) watch out for symptoms of dry cough and fever."

Very best,
Nathan



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