

Republic of the Philippines  
Department of Health  
NATIONAL NUTRITION COUNCIL REGION VII  
**REGIONAL NUTRITION CLUSTER**

20 March 2020

**COVID 19 ADVISORY NO. 1 S. 2020**

**(For all Local Nutrition Clusters in the Central Visayas)**

Pursuant to the Presidential Proclamation No. 922 and No. 929 which declared the Philippines under a state of public health emergency and in the state of calamity respectively, the Central Visayas Regional Nutrition Cluster deemed it important to issue the following reminders to all Local Nutrition Clusters in Central Visayas as action points to deter COVID-19 from affecting and further worsening the nutrition status of our vulnerable groups:

1. Keep informed about the status of COVID-19 only from reliable sources. Only cite the Department of Health, World Health Organization and your local government's information office in all social media upload or press announcements so as not to contribute to false news circulating around. See below for the official DOH COVID-19 tracker:
2. Coordinate with the DRRMC, HEMB focal persons as well as other activated clusters (FOOD, HEALTH, WASH, etc) and other relevant government agencies to indicate plans of action.
3. Review data bases (FSHIS, TCL and OPT Plus) and capacity maps to identify priority areas and which resources can be mobilized.
4. The spread of respiratory diseases could in effect increase the number of acute malnutrition. It is therefore recommended to continue PIMAM services amongst the affected population while still following the directive of social distancing.
5. If food packs are to be given out to the general population, please coordinate with your local social welfare office or assigned unit in the local government to:
  - a. Prioritize areas with high malnutrition and within these families with pregnant and lactating women as well as those with children below two years old when targeting beneficiaries for food packs.
  - b. Reiterate the government's "No breastmilk substitute donation" policy in food packs.
  - c. Prepare age appropriate food assistance for the nutrition-vulnerable groups.
  - d. Ensure inclusion of healthier food options in food packs to be given.
  - e. Patronize produce of local farmers and fishers in the procurement of food products for inclusion in the food packs, the extent possible.

6. Practice personal hygiene and social distancing. If feasible remind mothers to exclusively breastfeed and feed their children healthy foods via social media or SMS.
7. Promote healthy lifestyle which include a nutrient-dense diet and exercise even in home quarantine to boost the immune system.
8. Correct the misconception of food fads such as eating of only banana and malunggay to boost the immune system. Although both are nutrient-dense, the NNC 7 emphasizes the need for a balanced diet to be able to ensure a healthy persona.
9. For questions about nutrition in emergencies implementation, you may contact the National Nutrition Council Region VII at (032) 418-7182, email us at [region7@nnc.gov.ph](mailto:region7@nnc.gov.ph) or message our official facebook page: facebook.com/nncrvii.

These reminders are being issued to ensure that the nutritional status of the vulnerable groups will not worsen.



**Parolita A. Mission, DPA, RN**

RNPC, National Nutrition Council Region VII  
Chair, Regional Nutrition Cluster