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18h ·

MAYOR MANDATES CALAMANSI. Says mandatory 14 days quarantine is an inappropriate community response contrary to IATF guidelines.

Mayor Gabino Ganggangan of Sadanga, Mountain Province issued this statement today:

"The Sadanga New Normal"

The Municipal Inter-Agency Task Force (MIATF) of Sadanga, Mountain Province Promulgates its recalibrated or revised Community Response to COVID-19:

1. After almost 1 year of living with fear and anxiety due to the COVID-19 Scare causing lockdowns and quarantines resulting to a lot of economic, cultural, and social dislocations to our "used to be normal lives" prior to this virus, Sadanga through its MIATF has now promulgated a new approach or community responses to this "new reality" of living with the virus amidst us.



1. We have gone through the various kinds of Q's such as MGCQ, GCQ, ECQ, etc. but as observed, the spread of this virus can not really be stopped but can only be slowed down but eventually it will reach every corner of this world.
2. It is widely disseminated that there is no medicine to cure this COVID-19 but can only be defeated by our own natural individual anti-bodies or immune system.
3. This virus is here to stay with us (the whole world) as a new element in our environment and our "Herd Immunity" when and if achieved is our hope in beating this pandemic.
4. Statistics show that as high as 95-98% of all infected person has recovered on their own without medicines or whatsoever.
5. At most, only around 2% of those infected died as per world data.
6. The cause of death of those who died were actually due to their other pre-existing illnesses or comorbidities and not really directly due to COVID-19.

Learnings:

Purok, Barangay, or Municipal lockdowns and the mandatory 14 days quarantine is an inappropriate community response because these reactions paralyzes the economic, social, culture and other aspects of life of the whole community. Instead, let us focus our response to the management and care of the person infected according to the severity or health situation of the patient.

But we must allow the community to go on with their usual daily normal life activities.

The 14 days mandatory quarantine for all PUM's and PUI's and to isolate a patient does not help in healing the patient. On the contrary, this causes boredom, irritativeness, lonesome and all other negative feelings which leads to psychological and mental stress to the patient!

The purpose of "lockdowns and isolation quarantine" is supposedly to slow down the spread of the virus. This purpose can well be equally achieved with the BASIC HEALTH PROTOCOLS such as, wearing of face mask, faceshield, regular hand washing, and physical distancing!

Premises considered; the following are hereby promulgated:

1. It is advised that everyone should take a glass of warm water with lemon or calamansi squeeze everyday. This is to boost our immune system.
2. Everyone who gets infected of COVID-19, common colds, flue or any other variant of virus are mandated to do "Soob"(inhalation of hot steam) 2 times a day preferably in the morning and in the evening.
3. Only those tested positive and in "severe case" situations are to be isolated at home and to be given "focused" attention / intervention by the health personnels in addition to their family care giving. These





Home care is best than going to hospitals where you cannot be given much attention to just the same.

4. All the prohibitions or restrictions such as lockdowns, 14 day quarantine and travel bans and other prohibitions or restrictions that used to be imposed are hereby lifted and discouraged as a community response. These action are more damaging to our economic community life and are counter productive.

5. Diligent compliance to the basic Health Protocols as stated above are good enough to slow down the spread of the disease.

6. No travel ban against anyone regardless of the purpose of travel shall be imposed.

No travel documents such as Test Results, Medical papers and Travel Authority are required in coming in and traveling out of the municipality. It is the responsibility of one who travels to know and comply to the requirements of his/her place of destination.

7. Do not wear face mask or face shield whenever you are alone in your workplace or elsewhere. Breathe in fresh air as much as possible.

8. The Health Personnel are hereby directed to come up with a master list of individuals who are to be considered as high risk or most vulnerable sectors such as persons with existing health problem or comorbidities and old senior citizens. These high risk or most vulnerable sectors are to be closely monitored if and when they are infected and are to be assisted by our Health Personnel in boosting their immune system by providing free vitamins, advised to take in more citrus fruits and drink and other food substance that are helpful in boosting the immune system.

9. Each barangay are directed and authorized to utilize their BDRRM fund to purchase vitamin c and other immune boosting medicines, food supplements, fruits and other needed substances for their constituents.

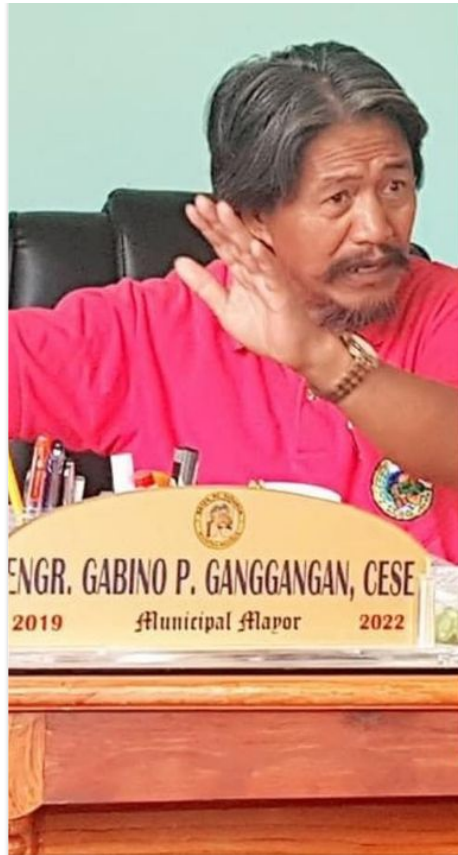
COVID-19 is now a new reality in our world and is here to stay, so we have to accept and respect COVID-19 for what is and learn to live back our usual normal lives amidst this virus!

Enough of the exaggerated fear and scare and set aside those exaggerated and restrictive responses. It's just a new form of colds challenging us to strengthen/boost our immune system. You need medicines to beat and survive against malaria, dengue, typhoid fever and other illness but there is no medicine needed to fight against COVID-19 after all.

Just boost your immune system and that's it!

We are not scientists here in Sadanga but this is our common sense lang naman. Take it or leave it. NO debate!

GABINO P. GANGGANGAN



It is promulgated that... everyone should take a glass of warm water with lemon or calamansi squeeze everyday. Everyone who gets infected of COVID-19, common colds, flue (sic) any other variant of virus are mandated to do 'Soob' (inhalation of hot steam) 2 times a day."

**GABINO P. GANGGANGAN
MAYOR OF SADANGA,
MOUNTAIN PROVINCE**

👍❤️😮 758

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Most Relevant



Write a comment...



Martin Apopot

n@Manfred. There is no cure. The virus itself is not the cause of death., It is the compications that kills you. Medical treatments delays or prevents complications from this virus induced disease until your body recovers. That is why you need to be ... **See More**

Like · Reply · 12h



Karlston Lapniten

"Only those tested positive and in "SEVERE CASE" situations are to be isolated at home... Home care is best than going to hospitals where you cannot be given much attention to just the same."
What an insult to all health care workers and hospital emplo... **See More**

Like · Reply · 17h · Edited

12 Replies



Jeannie Lhayad

Agreed 100% let us all boost our immune system to fight back not just the covid-19 virus but all kinds of viruses.

Others may not agree but where are we since day 1? 😊



Like · Reply · 1h



Beth Solang

This is a new/ a novel virus... that is why it is very difficult to understand... some become sick and die and some are lucky enough to overcome... It is still best to rely on science and what the infectious experts say.... Those who have symptoms or h... **See More**

Like · Reply · 14h



8 Replies



Tita Monette

Finally!!! An official who cares! Better immune system is the best defense not masks and shields that prevent us from inhaling enough oxygen.. naturingan pa nmang fresh ang hangin sa bundok, nktakip nman ilong natin.. tsk tsk

Like · Reply · 12h



Tessie Binlingan

Wise decision mayor. God bless you. May some other mayors and governors do the same.

Like · Reply · 8h



1 Reply



Shedakka Shalom

though some of his suggestions like soob are not helpful though some also are good to be considered like why the need to wear facemask if ur alone? maybe travel ban is not needed for localized areas like when traveling from la trinidad to baguio but tr... **See More**

Like · Reply · 16h



3 Replies



Mel Vane Bawang

I agreecorrect use our common sense...Salute to your braveness Mayor... 🙏🙏🙏

Like · Reply · 10m



Sunshine Dumar Mannod

ALL ARE ON POINT. COMMON SENSE LANG NAMAN! ❤️





Inggo Mas

I am from the place and the statement is applicable only in that place and other similar areas (province or municipalities where travel is very limited).

I personally support them 101% BUT TO BE CLEAR, Yes I believe some of the guidelines are not app... **See More**

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1 Reply



Lourdes LiWaken

Well said Mayor and I do agree

But I wouldn't say common sense tay not everyone has the wisdom to have the same sound judgment or able to understand and assess a situation so they need science or someone who is level-headed to tell them what to do



Like · Reply · 12h · Edited



Luis Guinayen Pandagos

the mantra now is "common sense"...huge thanks mayor. ...God bless you and God bless you all kakailian..

Like · Reply · 14h



2 Replies



Angelita Galingan

Every body,s intitled 2 der own opinion, but let us rely more on scienctist and Health professionals who ar expert on the matter.

Like · Reply · 15h



Phoebe's N. Di

🙏 finally sir, a very wise and good suggestion salute and may you stay healthy cause we need a person with a brain and heart like you!!!

Like · Reply · 7h



Memories Natures

We should focus in our immune system ang make it strong by natural means not in covid. This should the Government do. If they say that covid has no cure why there are recoveries. Common sense. Immune system heals the body. Therefore, we should re enfor... **See More**

Like · Reply · 13h



1 Reply





Menga Det

Agreeeeee. Dito sa Taiwan walang social distancing sa loob like public transportation, buildings pero strictly required ang mask pero kung sa open space ok walang mask. Ugali lang nilang hugas kamay parati tapos very careful silang huwag maka catch ng c... **See More**

Like · Reply · 14h · Edited



Marilyn Abansi

Super agree po. This is what ivebeen saying : this virus willnever go away. Lets do our part of utmost care and God will do d rest as per His plan. Kung oras na po ng isang tao ay oras nya na.. Lets strenthen our immune system na lang po nd d basic pro... **See More**

Like · Reply · 51m



Lydia Asitan

This seem to be the most sensible thing I've heard about all these bla bla bla on covid....

Like · Reply · 16h



Ynnebzi Biem

Wuhan/covid virus is not sumtin we should be scared of.. let us just be careful! 🤔

Like · Reply · 12h



Lady Entreppey

For quite a while since the pandemic started and restrictions imposed, I did my own research on the hows, wheres and whys about COVID19 and, I arrived to the same premise as you have stated in here.. This situation/condition has done a lot of damage to... **See More**

Like · Reply · 13h

1 Reply



Catherine Tiban

I support 👍. 100% reality and true. Of course DOH will not tell that "soob" because what they follow is what they learn from the book and according to them it should be proven by scientist. But soob is true natural healing and eating healthy foods tapos... **See More**

Like · Reply · 16h

9 Replies



Blsdn T Mharj

.,thats why i take 1200mg of vit c tablet everyday.. ty mamati ak sin nadnadngek ay BOOST YOUR IMMUNE



Arthur Landisan

Wantawsan percent i agree with that mayor, ginawa ko na yan very effective po..yong iba kc hospital iniisip pagpeperahan lang naman.hwa haha

Like · Reply · 25m



Sylvia Lipio

He says it all with sense

Like · Reply · 11h



Manuel Amsiwen

Friends Ledis n Gentlemen : Please Don't Blame any one , Bashing anyone regarding Covidating : NO ONE Can CURE Death 🧟 Caused By WhatEver : it's up to the Owner of Life . That's All 🙌🙌🙌😂😂😂

Like · Reply · 16h



Rho Da

I strongly agree with this mayor..

Like · Reply · 5h · Edited

2 Replies



Daniel Jhon

Ingatz lng mayor ty bka dta d nga ipan jy deadly nga virus nga tlga...hanmu onay contraen jy paggatgatasan t buwaya nga politician...

Like · Reply · 3h

1 Reply



Armela Codimo

BUTI PA C MAYOR NG SADANGGA NAISIP YAN YUNG IBA KAYA?.....

Like · Reply · 50m



Kaye Yutut

The mayor with brain, balls and Common sense.

Like · Reply · 11h



Gloria Moncado

The best is home care going to the hospital adds more stress and scary

Like · Reply · 12h



Top Fan

Ger Alva

You got it all right Mayor! I hope the the whole country follow suit. Every citizen must be responsible. Follow health protocol, boost immune system, use natural healing methods, love and care for each other, and



Like · Reply · 15h



Rayvlin John Licalde

Instant medical expert 🙌 Nahiya naman ung mga nag-gugol ng oras pra magresearch pra sa ikabubuti ng sangkatauhan.

Like · Reply · 4h

2 Replies



Felix Tayaotao

Maybe on political side but not on to the world of science.....

Like · Reply · 7h



Nelson Lubosen

Dayta ti mayor ammu na nga agtakder iti bukod na a panunut haan nga paspasurut nakitanan nga iti naglabas a bulbulan sumalasu puro protocol dita parit rumwar balay ti pueros manggeg dita daduma opisyal ibagada kabutbuteng ti covid makapatay kunada..salu... **See More**

Like · Reply · 14h

1 Reply



Dennis Tayaban

Dito nga sa metro manila balik dati na bakit sa mga probinsya it's so OA 😊😊 ganun din lang learn to live with it. 🙌🙌🙌🙌🙌

Like · Reply · 13h

1 Reply



Glory Ann Baccay Palayen

Trueness mayor,,

Like · Reply · 14h



Abby Gail Cheong

Sana all ganyan 😊

Like · Reply · 17h



James Cho

Imbag py daytoy nga mayor may utak ngem mayor dtoy baguio lockdown lng ammo na

Like · Reply · 15h

4 Replies



Crosaldo Llanes

Correct kayo mayor,,, actually saan a makatulong dayta quarantine ken locked down,, lalo nga maparigat tattao..

Like · Reply · 15h



Johnathan Castillo

So if 100,000 sabay sabay nagkasakit at 10,000 need ng hospital care? Kakayanin?

Bobo

Like · Reply · 14h

15 Replies



Martin Canto

yes, we need effective and continuous detoxification. we are consuming so much toxicity in our "foods" and "drinks". the human body is capable of healing itself when given the right conditions- not toxic, regularly exposed to the sun, regularly ground... **See More**

Like · Reply · 15h · Edited



Arjay Doligas Maglang

...sana all ng mga namumuno ganyan ang iniisip,,salute to u Mayor Ganggangan 😊

Like · Reply · 16h



Jocelyn Bakidan

Dyta t nalaing ken mannakaawat nga Mayor , very true amin nbaga na

Like · Reply · 13h



Kin Chi Pan

Dayta ti mayor nga adda utak na

Like · Reply · 16h

4 Replies



Bis Marcky

mas magaling! 0

Like · Reply · 16h



Rodel Benlingan

Ayos itong mayor, nag iisip, sorry to say but then, common sense lng, unlike ung ibang mayor 😂

Like · Reply · 7h



Jayson Datu

Tumeric tea syaka lemon at kalamansi pwede rin

Like · Reply · 15h



Villalon Leo

We are been created by our creator having antibodies to fight any kind of disease there is no need for mass testing and swabbing. Just eat more fruits and vegetables for your immune system take glutathione



James Cho
Salute you sadangga mayor

Like · Reply · 1m

OTHER POSTS



Luken Apolonio Alma
Exactly!!!!

Like · Reply · 55m



