



**PHILIPPINE SPORTS COMMISSION  
GAMES AND AMUSEMENTS BOARD  
DEPARTMENT OF HEALTH**

JUL 27 2020

**JOINT ADMINISTRATIVE ORDER**

No. 2020 - 0001

**SUBJECT: Guidelines on the Conduct of Health-Enhancing Physical Activities and Sports during the COVID-19 Pandemic**

**I. BACKGROUND**

Physical Activity plays a critical role in ensuring good physical and mental health, which is central towards attaining the 'Increasing Resilience' pillar of the Department of Health's 5-point strategy in its COVID-19 response. The Global Burden of Disease Study estimates that approximately 40% of Filipinos are physically inactive, which is a risk factor that contributes to the country's poor health outcomes. Likewise, physical activity, in relation to sports, has been the very source of livelihood and earning of professional sports practitioners all over the country. Physical inactivity has been exacerbated by restrictions in movement during the Enhanced Community Quarantine, in light of the pronouncements that people stay indoors. It is thus imperative that health-enhancing physical activities and sports be integrated in people's normative routine throughout the duration of the COVID-19 response, in order to deliver the first goal of the DOH's 5-point strategy. Concerted government effort should also ensure that supportive social and physical environments are in place, in order to enable individuals in defaulting towards carrying out physical activities as a desirable choice. Thus ensuring that the practice of health-enhancing physical activities and sports is the norm for all Filipinos.

In pursuit of increasing physical and mental resilience as well as to sustain the livelihood of professional athletes, the Philippine Sports Commission (PSC) and Games and Amusements Board (GAB), respectively, together with the DOH issue these guidelines on the conduct of health-enhancing physical activities as well as income-generating professional sports activities during the COVID-19 Pandemic, provided that these remain aligned with the risk-based public health standards set by the DOH (AO No. 2020-0015).

**II. OBJECTIVE**

This Order aims to provide guidance for the conduct of exercise, sports and other forms of health-enhancing physical activities as well as play-for-pay physical sports activities for the duration of the COVID-19 response.

### III. SCOPE AND COVERAGE

This Order shall cover the following:

1. All non-professional sports and activities under the jurisdiction of the PSC;
2. All professional sports and activities under the jurisdiction of GAB;
3. Professional and Non-Professional Players including coaches, managers, promoters, athletic directors, and other personnel;
4. All venues including but not limited to stadiums, sports arena, training facilities, fields, and other venues; and,
5. All others concerned with the conduct of Professional and Non-Professional Sports and Health-enhancing Physical Activities including but not limited to local government units, schools, universities, workplaces (public and private), and commercial physical activity-related facilities.

### IV. DEFINITION OF TERMS

- A. **Administrative Controls** - refer to procedural interventions or modifications in policies, standards, and processes, that are meant to reduce the frequency and severity of exposure to infectious diseases (e.g. hygiene and disinfection protocols, temperature scan, work shifting, etc.).
- B. **Combat Sports** - refer to competitive contact sports or activities, involving one-on-one encounter or fight between two opponents, whereby physical engagement or contact is part of the rules to compete and win the contest (e.g. boxing, kickboxing, Mixed Martial Arts, and Muay Thai, etc).
- C. **Contact Sports and Activities** - refer to sports or activities that will involve physical contact between and among participants (whether such physical contact is part of the rules of the games or not), or causing them to be within one (1) meter to any other person at any point during the activity (e.g. football, basketball, etc.).
- D. **Engineering Controls** - refer to physical interventions or modifications in spaces or environments, that is meant to prevent the transmission of infectious diseases (e.g. use of physical barriers, exhaust ventilations, etc.).
- E. **Indoor Sports and Activities** - refer to sports or activities that are conducted inside an enclosed or indoor constructed facility with artificial ventilation and overhead enclosure.
- F. **Non-Contact Sports and Activities** - refer to sports or activities in which participants are physically separated throughout its duration, thus minimizing the possibility of making any form of purposeful or accidental physical contact (e.g. racquet sports, biking, etc.).
- G. **Outdoor Sports and Activities** - refer to sports or activities that are conducted in open spaces that are accessible to all individuals or in a space that may have a roof but not enclosed by walls.
- H. **Health-enhancing Physical Activities** - refer to any form of physical activity that benefits health and functional capacity without undue harm or risk. For adults, this includes 30 minutes or more of moderate-intensity physical activity on most, but preferably all, days of the week. For children, at least 60 minutes per day of moderate intensity physical activity.
- I. **Professional Sports** – refer to play-for-pay games or activities conducted within the context of a competition, whereby participants are paid with sum of

money as remuneration, either in the form of salary or prize of winning, in the practice of their sports profession.

- J. **Professional Sports Regulatory Processes** – refer to activities other than those conducted during a professional game, i.e., securing of permit by organizers before the game, processing of licenses to practice as professional athletes, weigh in of professional boxers, payment of purses, supervision of game or ring officials, etc.
- K. **Sport** - refers to activities practised through exercise and/or competitions facilitated by sports organizations or by individual organizers.

## V. GENERAL GUIDELINES

1. Health-enhancing Physical Activities (HPA) and Sports Activities permitted by this Order shall satisfy ALL of the conditions provided for under **Annex A.1 and Annex A.2**, which stratifies HPAs or IGSA per risk areas using the 4Ps Framework, namely:
  - a. **Participant** - refers to the allowable number of participants per activity;
  - b. **Public/Private Location** - refers to the categorization of the physical property where the physical activity will be conducted, whether private or public (i.e. shared with others);
  - c. **Physical environment** - refers to the setting where the physical activity will be conducted, whether indoor or outdoor; and,
  - d. **Participation** - refers to the level of interaction or contact among the participants involved in the conduct of the physical activity
2. Recreational and Non-Professional Contact Sports and Activities shall be temporarily suspended regardless of risk severity, until an effective vaccine and/or appropriate standard of care for COVID-19 cases is developed. On the other hand, professional contact sports and activities shall be allowed for Filipino professional players with scheduled tournaments abroad and in low risk areas, while observing appropriate protocols and guidelines.
3. Non-Professional sporting events such as tournaments, competitive events, and athletic meets shall not be permitted. Professional sporting events may be allowed in low-risk areas, provided such events are compliant to the minimum public health standards. Provided further, that no live audience shall be permitted regardless of the risk severity, until an effective vaccine and/or appropriate standard of care for COVID-19 cases is developed.
4. Relevant entities shall administer appropriate engineering and administrative controls as provided for by DOH AO No. 2020-0015 entitled "*Guidelines on the Risk-Based Public Health Standards for COVID-19 Mitigation*" and its iterations, such as but not limited to monitoring of symptoms, placement of handwashing facilities and sanitizers, and routine disinfection of frequently touched surfaces and equipment for areas or settings or facilities that will be used for physical activities. (See **Annex B.1** and **Annex B.2**)
5. Intrazonal movement within moderate risk or low risk areas, for the purpose of conducting HPA shall be categorized as essential travel. On the other hand, interzonal movement for the purpose of conducting physical activities and

sports may be permitted, subject to the approval of the local government unit and compliance with applicable laws, guidelines, and protocols. All individuals however are highly encouraged to carry out physical activities and sports within their areas of domicile.

## VI. IMPLEMENTING GUIDELINES

1. All actors and entities shall anchor their policies, plans, and guidelines for the reintroduction of physical activities and sports in the routine function of individuals and the community, based on the risk severity grading of the area.

Depending on the risk severity of the area, the following tiered implementation of conducting physical activities and sports shall apply, provided that minimum public health standards shall still be observed:

- a. **High Risk Areas.** The conduct of physical activities and sports in areas placed under ECQ shall remain limited to solo or individual activities conducted indoors or anywhere within the individual's private property, whereas limited outdoor exercises and activities are allowed in areas placed under MECQ.
- b. **Moderate Risk Areas.** The conduct of physical activities and sports in these areas shall permit indoor or outdoor non-contact non-professional sports or activities and strength and sport-specific training.
  - i. Mass gatherings during GCQ shall not be allowed in both government-owned and privately-owned sports facilities.
- c. **Low Risk Areas.** The conduct of physical activities and sports in these areas shall permit indoor or outdoor non-contact sports or activities for non-professional sports and contact sports or activities for professional sports.
  - i. **Communal and shared spaces or facilities for physical activities** such as swimming pools, gyms, yoga studios, dance and fitness studios **are permitted to operate**, provided that the minimum public health standards are followed. Commercial physical activity-related facilities shall ensure proper ventilation (e.g. open windows, installation of high-efficiency particulate air filtration systems or HEPA) and observance of the maximum number of participants allowed at a given time. Provided further, that such facilities comply with the guidelines issued by the Department of Trade and Industry (DTI).
  - ii. **Sharing of non-personal equipment is permitted**, provided these are routinely disinfected before and after every use. **HOWEVER**, equipment that is used **orally** (e.g. water gear used for snorkeling and scuba diving, and mouth guards), and equipment that has **prolonged contact with the face** (e.g., headgear or helmets and fencing masks) **are not allowed to be shared or rented out.**

2. All entities shall routinely carry out disinfection and sanitation procedures on frequently touched surfaces at home and in open areas and shared equipment, as provided for in DOH DM No. 2020 - 0157. (See **Annex C**)
3. Professional players and individuals who are engaging in high-intensity exercise or workouts may be allowed not to wear masks DURING the conduct of exercise or physical activity ONLY, subject to the observance of at least two (2) meters physical distancing in outdoor facilities or three (3) meters in enclosed and indoor facilities and other preventive measures (e.g. placement of barriers between individuals, proper ventilation, etc.). Individuals engaging in physical activities in public spaces or high-density areas are recommended to wear their masks, but maintain the conduct of physical activity to a low or moderate intensity. If unable to wear a mask due to high-intensity exercises, face shields may be worn to prevent COVID-19 transmission.
4. In line with the Omnibus Guidelines on the Implementation of Community Quarantine in the Philippines, the promoter of the sports event is discouraged from allowing athletes, coaches, and other personnel who fall under any of the following categories to resume training and engage in other physical activities:
  - a. Individuals below twenty-one (21) years old;
  - b. Individuals who are sixty (60) years old and above;
  - c. Individuals of any age with co-morbidities or pre-existing illness; and,
  - d. Women with high-risk pregnancy.

The promoter shall provide alternative arrangements to such players and personnel with no diminution in fees or salaries.

5. All sports or physical fitness facilities shall designate a Health and Safety Officer to perform the following functions:
  - a. Ensure compliance to the minimum public health standards during the conduct of allowed physical activities and establish mechanisms to monitor compliance with the said standards;
  - b. Monitor the health status and symptoms of athletes and personnel;
  - c. Keep records, through minimal contact means, of individuals who used the facilities for the purpose of contact tracing in the event the need for such arises; and,
  - d. Refer symptomatic individuals to appropriate health authority/health facilities, as necessary.
6. All players, coaches/managers, promoter, and other personnel exhibiting flu-like symptoms including but not limited to fever, dry cough, and tiredness shall be reported immediately to the Barangay Health Emergency Response Team (BHERT), Local Health Office, and/or other appropriate authorities/facilities for monitoring and observance of the following protocols:
  - a. All symptomatic individuals shall be isolated immediately;
  - b. The promoter, through the Health and Safety Officer, shall compile records of all individuals who have been on-site or who have had close contact with the suspect case/s;

- c. If the suspect case is confirmed COVID-19 positive, the promoter shall provide the records to the concerned provincial, city or municipal LGU through its Provincial Epidemiology and Surveillance Unit (PESU) and City Epidemiology and Surveillance Unit (CESU) or Municipal Epidemiology and Surveillance Unit (MESU) to facilitate contact tracing;
- d. All close contacts shall be notified and undergo a 14-day self-quarantine with specific instructions from the Health and Safety Officer and/or health authorities on monitoring of symptoms and possible next steps;
- e. All facilities, surfaces, and equipment used shall be rigorously disinfected; and,
- f. In the event that an individual is confirmed COVID-19 positive, the conduct of training and other activities shall be suspended.

## **VII. ROLES AND RESPONSIBILITIES**

### **A. Philippine Sports Commission shall:**

1. In coordination with the Games and Amusements Board, develop standards and protocols for the conduct of specified sports and other physical activities adherent to minimum public health standards set by DOH (AO No. 2020-0015);
2. In coordination with the Philippine Olympic Committee, establish a standard health protocol and training guidelines for all the members of the National Team, National Training Pool and National Coaches in consultation with their respective National Sports Associations; and,
3. Monitor the implementation of the policy and consolidate reports and recommendations from DOH, NGAs and LGUs.

### **B. Games and Amusements Board shall:**

1. Formulate specific guidelines and protocols in the proper observance of the rules of games in coordination with the Philippine Sports Commission; and,
2. Ensure that professional regulatory processes are well taken into account while at the same time complying with minimum public health standards as set by DOH (AO No. 2020-15).

### **C. Department of Health shall:**

1. Continuously update the set minimum public health standards based on most recent evidence available and issue succeeding updates through DOH Department Circulars; and,
2. Provide technical assistance in developing the necessary health standards, protocols, and guidelines on the conduct of health-enhancing physical activities and sports.

**D. Department of Labor and Employment and Civil Service Commission are strongly enjoined to:**

1. Ensure that workplaces and offices, both public and private, shall provide for designated areas for physical activities with adequate infrastructure support (such as but not limited to Water, Sanitation, and Hygiene Facilities); and,
2. Allot a reasonable time for daily employee exercise, adherent to CSC MC No. 38, s.1992.

**E. Other National Government Agencies are strongly enjoined to:**

1. Provide the necessary policies, mechanisms, infrastructure, and resources to promote the conduct of health-enhancing physical activities and sports; and,
2. Ensure that such mechanisms and infrastructure are compliant with the minimum public health standards and other provisions stipulated in this Order.

**F. Local Government Units are strongly enjoined to:**

1. Develop counterpart local ordinances to ensure enforcement of this Order in areas within their jurisdiction and compliance with other applicable national directives at the local-level;
2. Coordinate with the relevant NGAs in carrying out these guidelines; and,
3. Ensure immediate and widest dissemination of these guidelines to all units/sectors within their jurisdiction.

**G. Sports, Exercise, and Other Physical Fitness Facilities are strongly enjoined to:**

1. Ensure compliance with this Order, and other related guidelines and issuances by PSC, DOH, IATF, and other government agencies; and,
2. Provide alternative mechanisms to deliver physical fitness services such as but not limited to online coaching and training programs.

## **VIII. REPEALING CLAUSE**

Other related issuances not consistent with the provisions of this Order are hereby revised, modified, or rescinded accordingly. Nothing in this Order shall be construed as a limitation or modification of existing laws, rules and regulations.

## **IX. PENALTIES**

Penalties as administrative fines may be imposed through DOLE Department Order No. 198 S. 2018 for any willful failure to comply with this Joint Administrative

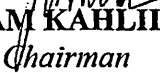
Order. Further, any person or entity found to have violated the provisions in this Order are subject to penalties and other legal actions in accordance with, but not limited to, existing laws and orders for the COVID-19 response, Republic Act No. 11332 - Mandatory Reporting of Notifiable Diseases and Health Events of Public Health Concern Act, Republic Act No. 11058 - Strengthening Compliance with Occupational Safety and Health Standards Act, and other applicable laws, guidelines, and issuances within the jurisdiction of GAB and PSC.

**X. SEPARABILITY CLAUSE**

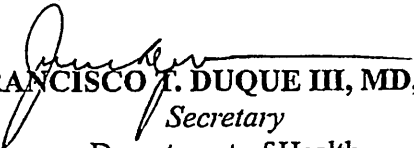
Should any provision of this Order or any part thereof be declared invalid, the other provisions, insofar as they are separable from the invalid ones, shall remain in full force and effect.

**XI. EFFECTIVITY**

This Order shall take effect immediately.

  
**ABRAHAM KAHLIL B. MITRA**  
*Chairman*  
Games and Amusements Board

  
**WILLIAM I. RAMIREZ**  
*Chairman*  
Philippine Sports Commission

  
**FRANCISCO T. DUQUE III, MD, MSc**  
*Secretary*  
Department of Health



**Annex A.1. Allowable Threshold for Non-Professional Sports and Physical Activities per Risk Severity Area**

<b>4Ps FRAMEWORK</b>	<b>RISK SEVERITY RATING</b>				
	<b>High Risk Areas (ECQ)</b>	<b>High Risk Areas (MECQ)</b>	<b>Moderate Risk Areas (GCQ)</b>	<b>Moderate Risk Areas (MGCQ,with modifiers)</b>	<b>Low Risk Areas (MGCO)</b>
<b><i>Person/ Participants</i></b>	Solo/ Individual	Solo/ Individual	Maximum 5 players per sport/activity  Skeleton workforce but total number of individuals shall not exceed 10	Maximum 10 players per sport/activity  Skeleton workforce but total number of individuals shall not exceed 25	Maximum 10 players per sport/activity  Skeleton workforce but total number of individuals shall not exceed 50
<b><i>Public/Private Location</i></b>	Private Space only	Private Space or Public Space	Private Space or Public Space	Private Space or Public Space	Private Space or Public Space
<b><i>Physical Environment</i></b>	Indoors Only	Indoors or Outdoors	Indoors or Outdoors	Indoors or Outdoors	Indoors or Outdoors
<b><i>Participation</i></b>	Non-Contact Sports and Activities Only				

*\*subject to Minimum Public Health Standards*

**Annex A.2. Allowable Threshold for Professional Sports and Physical Activities per Risk Severity Area**

<b>4Ps FRAMEWORK</b>	<b>RISK SEVERITY RATING</b>				
	<b>High Risk Areas (ECQ)</b>	<b>High Risk Areas (MECQ)</b>	<b>Moderate Risk Areas (GCQ)</b>	<b>Moderate Risk Areas (MGCQ,with modifiers)</b>	<b>Low Risk Areas (MGCQ)</b>
<b><i>Person/ Participants</i></b>	Solo/ Individual	Solo/ Individual	Maximum 5 players per sport/activity  Skeleton workforce but total number of individuals shall not exceed 10	Maximum 10 players per sport/activity  Skeleton workforce but total number of individuals shall not exceed 25	Maximum 20 players per sport/activity  Skeleton workforce but total number of individuals shall not exceed 50
<b><i>Public/Private Location</i></b>	Private Space only	Private Space or Public Space	Private Space or Public Space	Private Space or Public Space	Private Space or Public Space
<b><i>Physical Environment</i></b>	Indoors Only	Indoors or Outdoors	Indoors or Outdoors	Indoors or Outdoors	Indoors or Outdoors
<b><i>Participation</i></b>	Non-Contact Sports and Activities Only		Non-contact strength and sport-specific training are allowed  Professional Combat Sports fights scheduled abroad involving Filipino professional players are allowed		Contact Sports including combat sports are allowed for professional sports provided that the minimum public health standards are met

*\*subject to Minimum Public Health Standards*

**Annex B.1. Permitted Non-Professional Sports and Physical Activities by Risk Severity**

<b>RISK SEVERITY</b>	<b>PERMITTED SPORTS AND PHYSICAL ACTIVITIES</b>	<b>MINIMUM REQUIREMENTS (Engineering Controls, Administrative Controls, and PPE Provision and/or Use)</b>
<b>High Risk Areas (ECQ)</b>	Indoor Activities in Private Space	<p>Individuals shall practice physical distancing, proper hand washing and respiratory etiquette, and routine disinfection of surfaces and/or equipment used.</p> <p><b>Engineering Control:</b> None</p> <p><b>Administrative Control:</b> None</p> <p><b>PPE:</b> None</p>
<b>High Risk Areas (MECQ)</b>	<p>Limited outdoor exercise or physical activity is allowed</p> <p>Individual sports or physical activities (e.g. outdoor walk, jogging/running, biking, etc.)</p>	<p>Individuals shall practice physical distancing, proper hand washing and respiratory etiquette, and routine disinfection of surfaces and/or equipment used.</p> <p><b>Engineering Control:</b> Placement of marks and signs in outdoor areas on physical distancing and other preventive measures</p> <p><b>Administrative Control:</b> None</p> <p><b>PPE:</b> Individuals are allowed to remove their masks DURING the conduct of exercise or physical activity ONLY. Individuals MUST wear masks BEFORE and AFTER the activity. During the exercise or physical activity, individuals must maintain at least two/three meter distance from others.</p>
<b>Moderate Risk Areas (GCQ)</b>	<p>Outdoor Activities</p> <p>Individual or Dual Sports that do not require physical contact among participants (e.g. cycling, badminton, golf, sipa, arnis, etc.)</p>	<p><b>Engineering Control:</b> Installation of footbaths, handwashing facilities and dispensers with alcohol-based solutions, and signs to remind individuals to practice physical distancing at all times</p> <p>Placement of marks for the observance</p>

	<p>General Fitness Aerobic and Anaerobic Exercise (e.g. running, cycling sprints, zumba, etc.)</p> <p>Non-contact Strength and sport-specific training if participants have access to their own equipment (e.g ergometer, weights, etc.)</p>	<p>of physical distancing in outdoor locations</p> <p><b>Administrative Control:</b>  Routine disinfection of frequently touched surfaces, objects, and equipment</p> <p>Routine monitoring and replacement of hand soaps, sanitizers, and other disinfectants</p> <p>Ensure policies and protocols for temperature monitoring are available</p> <p>Limitation on the maximum number of persons allowed to be involved in physical activities</p> <p><b>PPE:</b>  Individuals are allowed to remove their masks DURING the conduct of exercise or physical activity ONLY. Individuals MUST wear masks BEFORE and AFTER the activity. During the exercise or physical activity, individuals must maintain at least two/three meter distance from others.</p>
<p><i>Moderate Risk Areas (MGCQ with modifiers)</i></p>	<p>Indoor and outdoor activities for small groups of not more than ten (10) participants are allowed.</p> <p>Non-contact skills training is allowed. Training and other activities with deliberate body contact drills are not allowed (e.g. wrestling, holding, tackling or binding, etc.)</p> <p>Use and sharing of sporting equipment such as football, tennis balls, weights, and mats are permitted.</p> <p>Use of outdoor exercise equipment in parks and other public spaces are permitted</p> <p>Communal and shared spaces for</p>	<p><b>Engineering Control:</b>  Installation of foothbats, hand washing facilities and dispensers with alcohol-based solutions, and signs to remind individuals to practice physical distancing at all times</p> <p>Placement of marks for the observance of physical distancing in commercial gyms</p> <p><b>Administrative Control:</b>  Routine disinfection of frequently touched surfaces, objects, and equipment</p> <p>Routine monitoring and replacement of hand soaps, sanitizers and other disinfectants</p> <p>Ensure policies and protocols for temperature monitoring are available</p>

	<p>physical activities such as swimming pools, commercial gyms, bootcamps, yoga, pilates, dance, zumba, and spinning classes may be permitted to operate provided that the minimum public health standards are met.</p>	<p>Limitation on the maximum number of persons allowed to be involved in physical activities</p> <p><b>PPE:</b> Individuals are allowed to remove their masks DURING the conduct of exercise or physical activity ONLY. Individuals MUST wear masks BEFORE and AFTER the activity. During the exercise or physical activity, individuals must maintain at least two/three meter distance from others.</p>
<p><b>Low Risk (MGCQ)</b></p>	<p>Indoor and outdoor activities for small groups of not more than ten (10) participants per sport/activity are allowed.</p> <p>Non-contact skills training is allowed. Training and other activities with deliberate body contact drills are not allowed (e.g. wrestling, holding, tackling or binding, etc.)</p> <p>Use and sharing of sporting equipment such as football, tennis balls, weights, and mats, are permitted.</p> <p>Use of outdoor exercise equipment in parks and other public spaces are permitted</p> <p>Communal and shared spaces for physical activities such as swimming pools, commercial gyms, bootcamps, yoga, pilates, dance, zumba, and spinning classes may be permitted to operate provided that the minimum public health standards are met.</p>	<p><b>Engineering Control:</b> Installation of footbats, hand washing facilities and dispensers with alcohol-based solutions, and signs to remind individuals to practice physical distancing at all times</p> <p>Placement of marks for the observance of physical distancing in commercial gyms</p> <p><b>Administrative Control:</b> Routine disinfection of frequently touched surfaces, objects, and equipment</p> <p>Routine monitoring and replacement of hand soaps, sanitizers and other disinfectants</p> <p>Ensure policies and protocols for temperature monitoring are available</p> <p>Limitation on the maximum number of persons allowed to be involved in physical activities</p> <p><b>PPE:</b> Individuals are allowed to remove their masks DURING the conduct of exercise or physical activity ONLY. Individuals MUST wear masks BEFORE and AFTER the activity. During the exercise or physical activity, individuals must maintain at least two/three meter distance from others.</p>

**Annex B.2. Permitted Professional Sports and Physical Activities by Risk Severity**

<b>RISK SEVERITY</b>	<b>PERMITTED SPORTS AND PHYSICAL ACTIVITIES</b>	<b>MINIMUM REQUIREMENTS (Engineering Controls, Administrative Controls, and PPE Provision and/or Use)</b>
<i>High Risk Areas (ECQ)</i>	Indoor Training in Private Space	<p>Individuals shall practice physical distancing, proper hand washing and respiratory etiquette, and routine disinfection of surfaces and/or equipment used.</p> <p><b>Engineering Control:</b> None</p> <p><b>Administrative Control:</b> None</p> <p><b>PPE:</b> None</p>
<i>High Risk Areas (MECQ)</i>	<p>Limited outdoor exercise or physical activity is allowed</p> <p>Individual sports or physical activities (e.g. outdoor walk, jogging/running, biking, etc.)</p>	<p>Individuals shall practice physical distancing, proper hand washing and respiratory etiquette, and routine disinfection of surfaces and/or equipment used.</p> <p><b>Engineering Control:</b> Placement of marks and signs in outdoor areas on physical distancing and other preventive measures</p> <p><b>Administrative Control:</b> None</p> <p><b>PPE:</b> Individuals are allowed to remove their masks DURING the conduct of exercise or physical activity ONLY. Individuals MUST wear masks BEFORE and AFTER the activity. During the exercise or physical activity, individuals must maintain at least two/three meter distance from others.</p>
<i>Moderate Risk Areas (GCQ)</i>	<p>Combat Sports (Boxing/MMA/Muay Thai/Kickboxing) Fights abroad</p> <p>Championship or non-championship fights scheduled abroad involving the</p>	<p>Individuals shall practice physical distancing, proper hand washing and respiratory etiquette, and routine disinfection of surfaces and/or equipment used.</p>

participation of Filipino professional boxers/fighters may be permitted provided that a Clearance or Approval from the local commission of place of fight (or sanctioning organization for title fights) allowing the resumption of the sport and a Copy of their Precautionary Guidelines/ Protocols against the spread of the virus will be secured.

*Such Guidelines and Protocols shall be in conformity with GAB Medical Section Interim Medical Guidelines for Holding Professional Sports.*

#### Professional Basketball and Football

In the General Community Quarantine or Moderate Risk Areas, players may be allowed to do indoor activities such as exercises and physical conditioning where the maximum participants shall not exceed five (5). Skeleton workforce for other personnel.

#### Activities

- Physical Conditioning
- Non-contact Strength and Sport-Specific Training

*Such Guidelines and Protocols shall be in conformity with GAB Medical Section Interim Medical Guidelines for Holding Professional Sports.*

#### Engineering Control:

Placement of marks and signs in outdoor areas on physical distancing and other preventive measures

#### Administrative Control:

None

#### PPE:

Individuals are allowed to remove their masks DURING the conduct of exercise or physical activity ONLY. Individuals MUST wear masks BEFORE and AFTER the activity. During the exercise or physical activity, individuals must maintain at least two/three meter distance from others.

#### Engineering Control:

Installation of footbaths, handwashing facilities and dispensers with alcohol-based solutions, and markers to remind the athletes and other participants to practice physical distancing at all times

Placement of marks for the observance of physical distancing in outdoor locations

#### Administrative Control:

Routine disinfection of frequently touched surfaces, objects, and equipment

Routine monitoring and replacement of hand soaps, sanitizers, and other disinfectants

Ensure policies and protocols for temperature monitoring are available  
Limitation on the maximum number of persons allowed to be involved in physical activities

		<p><b>PPE:</b>  Individuals are allowed to remove their masks DURING the conduct of exercise or physical activity ONLY. Individuals MUST wear masks BEFORE and AFTER the activity. During the exercise or physical activity, individuals must maintain at least two/three meter distance from others.</p>
<p><b>Moderate Risk Areas (MGCQ with modifiers)</b></p>	<p>Combat Sports (Boxing/MMA/Muay Thai/Kickboxing) Fights abroad</p> <p>Championship or non-championship fights scheduled abroad involving the participation of Filipino professional boxers/fighters may be permitted provided that a Clearance or Approval from the local commission of place of fight (or sanctioning organization for title fights) allowing the resumption of the sport and a Copy of their Precautionary Guidelines/ Protocols against the spread of the virus will be secured.</p> <p>Combat Sports may be allowed provided that the necessary protocols and minimum public health standards are met. Provided further, that participants have no symptoms consistent with COVID-19 for the past fourteen (14) days prior to resumption of the activity and subject to observance of self-quarantine and strict monitoring of health status after the activity.</p> <p>Boxing</p> <p>Training, strength and speed training, sparring sessions, and other activities may be permitted if participants have no symptoms consistent with COVID-19 in the past fourteen (14) days and they must comply with the quarantine protocols as necessary</p> <p><i>Such Guidelines and Protocols shall be in conformity with GAB Medical Section Interim Medical Guidelines for Holding Professional Sports.</i></p>	<p><b>Engineering Control:</b>  Placement of footbath at all entries to the venue.</p> <p>Installation of handwashing facilities and dispensers with alcohol/ alcohol-based hand sanitizers, waste disposal receptacles with lids and signs to remind individuals to practice physical distancing at all times.</p> <p>Ensure a preparedness plan should anybody present with symptoms in the venue such as Isolation area or transport to the nearest health facility or to the temporary quarantine facility.</p> <p><b>Administrative Control:</b>  Ensure submission of Clearance from local authorities (LGU)</p> <p>Implementation of COVID-19 tests for boxers/fighters and corner men must be in accordance with the DOH Interim Guidelines on Expanded Testing for COVID-19 and local government authority regulations.</p> <p>Ensure policies and protocols for temperature monitoring before entry to the venue.</p> <p>Ensure compliance to quarantine, monitoring, and isolation protocols</p> <p>Provision of alcohol/alcohol-based hand sanitizers, tissue paper, gloves and surgical masks and provide waste disposal receptacles with lids for all personnel and participants.</p>



	<p>Training/Workouts (Indoor/Outdoor)</p> <p>Professional Basketball</p> <p>In the Modified General Community Quarantine, ten (10) participants shall be allowed. There shall be a Health and Safety Officer who will ensure the compliance with the DOH public health standards during the conduct of the physical activities. He/she shall likewise keep record of the names of participants, their body temperature and contact numbers.</p> <p>Football</p> <p>Football is a team sport played by two (2) opposing teams (with each team fielding 11 players). However, only a maximum of ten (10) participants are allowed per activity. The game is played in 90 minutes. Thus, a player must have</p>	<p>Routine disinfection of frequently touched surfaces, objects, and equipment</p> <p>Ensure full compliance with the GAB Medical Section <b>Interim Medical Guidelines for Holding Professional Sports.</b></p> <p><b>PPE:</b> Individuals are allowed to remove their masks DURING the conduct of exercise or physical activity ONLY. Individuals MUST wear masks BEFORE and AFTER the activity. During the exercise or physical activity, individuals must maintain at least two meter distance from others.</p> <p>Appropriate protective apparel for individuals who will conduct routine disinfection of surfaces and equipment.</p> <p><b>Engineering Control:</b> Installation of footbaths, hand washing facilities and dispensers with alcohol-based solutions, and signs to remind individuals to practice physical distancing at all times</p> <p>Placement of marks for the observance of physical distancing in commercial gyms</p> <p><b>Administrative Control:</b> Routine disinfection of frequently touched surfaces, objects, and equipment</p> <p>Routine monitoring and replacement of hand soaps, sanitizers and other disinfectants</p> <p>Ensure policies and protocols for temperature monitoring are available.</p> <p>Limitation on the maximum number of persons allowed to be involved in physical activities</p> <p>Conduct of COVID-19 tests for</p>
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	<p>non-contact fitness training prior to the start of official matches.</p> <p>The League shall notify the Games and Amusements Board (GAB) of their training schedules. GAB shall likewise assign authorized personnel to conduct ocular inspection of the venue to assess its readiness and make sure that all health and safety protocols are put in place before the start of the scheduled training.</p> <p><i>Such Guidelines and Protocols shall be in conformity with GAB Medical Section Interim Medical Guidelines for Holding Professional Sports.</i></p>	<p>players, team officials, and staff must be in accordance with the DOH Interim Guidelines on Expanded Testing for COVID-19 and local government authority regulations.</p> <p><b>PPE:</b> Individuals are allowed to remove their masks DURING the conduct of exercise or physical activity ONLY. Individuals MUST wear masks BEFORE and AFTER the activity. During the exercise or physical activity, individuals must maintain at least two/three meter distance from others.</p> <p>Face mask/protective apparel for individuals who will conduct routine disinfection of surfaces and equipment</p> <p>Ensure full compliance with the GAB Medical Section Interim Medical Guidelines for Holding Professional Sports.</p>
<p><b>Low Risk areas (MGCQ)</b></p>	<p>Practice and actual games for professional sports as well as combat sports may be allowed provided that the minimum public health standards are met. Provided further, that participants have no symptoms consistent with COVID-19 for the past fourteen (14) days prior to resumption of the activity and subject to observance of self-quarantine and strict monitoring of health status after the activity.</p> <p>Combat Sports (Boxing/MMA/Muay Thai/Kickboxing) Fights abroad</p> <p>Championship or non-championship fights scheduled abroad involving the participation of Filipino professional boxers/fighters may be permitted provided that a Clearance or Approval from the local commission of place of fight (or sanctioning organization for title fights) allowing the resumption of the sport and a Copy of their Precautionary Guidelines/ Protocols against the spread of the virus will be</p>	<p><b>Engineering Control:</b> Placement of footbath at all entries to the venue.</p> <p>Installation of handwashing facilities and dispensers with alcohol/ alcohol-based hand sanitizers, waste disposal receptacles with lids and signs to remind individuals to practice physical distancing at all times.</p> <p>Placement of “markings” at the seating arrangements, strictly observing required minimum social distancing measures.</p> <p>Live Streaming of events. No on-site audience.</p> <p>Ensure a preparedness plan should anybody present with symptoms in the venue such as Isolation area or transport to the nearest health facility or to the temporary quarantine facility.</p> <p><b>Administrative Control:</b> Ensure submission of Clearance from</p>

	<p>secured.</p> <p><i>Such Guidelines and Protocols shall be in conformity with GAB Medical Section Interim Medical Guidelines for Holding Professional Sports.</i></p>	<p>local authorities (LGU)</p> <p>Implementation of COVID-19 tests only for boxers/fighters and corner men must be in accordance with the DOH Interim Guidelines on Expanded Testing for COVID-19 and local government authority regulations.</p> <p>Ensure policies and protocols for temperature monitoring before entry to the venue.</p> <p>Ensure compliance to quarantine, monitoring, and isolation protocols</p> <p>Provision of alcohol/alcohol-based hand sanitizers, tissue paper, gloves and surgical masks and provide waste disposal receptacles with lids for all personnel and participants.</p> <p>Routine disinfection of frequently touched surfaces, objects, and equipment</p> <p>Limitation on the maximum number of participants, ring officials and personnel. Crowding shall be strictly prohibited.</p> <p>Emphasis/Regular announcement in the venue that all participants must practice hand sanitation, respiratory hygiene and social distancing.</p> <p>Careful treatment of Mouthpieces to avoid contamination.</p> <p>Ensure full compliance with the GAB Medical Section <b>Interim Medical Guidelines for Holding Professional Sports.</b></p> <p><b>PPE:</b>  Individuals are allowed to remove their masks DURING the conduct of exercise or physical activity ONLY. Individuals MUST wear masks BEFORE and AFTER the activity. During the exercise or physical activity,</p>
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	<p>Professional Basketball</p> <p>Practice and Actual Games</p> <p>Activities</p> <ul style="list-style-type: none"> <li>● Contact drills are allowed</li> <li>● Five (5) on Five (5) games are permitted</li> </ul> <p><i>Such Guidelines and Protocols shall be in conformity with GAB Medical Section Interim Medical Guidelines for Holding Professional Sports.</i></p>	<p>individuals must maintain at least two/three meter distance from others.</p> <p>Appropriate protective apparel for individuals who will conduct routine disinfection of surfaces and equipment and corner men, seconds, media men, ring officials (referee/s)</p> <p>Surgical gloves and Face shields for referees and corner men.</p> <p><b>Engineering Control:</b> Placement of footbath at all entries to the venue.</p> <p>Installation of handwashing facilities and dispensers with alcohol/ alcohol-based hand sanitizers, waste disposal receptacles with lids and signs to remind individuals to practice physical distancing at all times.</p> <p>Placement of “markings” at the seating arrangements, strictly observing required minimum social distancing measures.</p> <p>Ensure a preparedness plan should anybody present with symptoms in the venue such as Isolation area or transport to the nearest health facility or to the temporary quarantine facility.</p> <p><b>Administrative Control:</b> Ensure submission of Clearance from local authorities (LGU)</p> <p>Implementation of COVID-19 tests must be in accordance with the DOH Interim Guidelines on Expanded Testing for COVID-19 and local government authority regulations.</p> <p>Ensure policies and protocols for temperature monitoring before entry to the venue.</p> <p>Provision of alcohol/alcohol-based hand sanitizers, tissue paper, gloves and surgical masks and provide waste</p>
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		<p>disposal receptacles with lids for all personnel and participants.</p> <p>Routine disinfection of frequently touched surfaces, objects, and equipment</p> <p>Limitation on the maximum number of participants and personnel. Crowding shall be strictly prohibited.</p> <p>Emphasis/Regular announcement in the venue that all participants must practice hand sanitation, respiratory hygiene and social distancing.</p> <p>Ensure full compliance with the GAB Medical Section <b>Interim Medical Guidelines for Holding Professional Sports.</b></p> <p><b>PPE:</b>  Individuals are allowed to remove their masks <b>DURING</b> the conduct of exercise or physical activity <b>ONLY</b>. Individuals <b>MUST</b> wear masks <b>BEFORE</b> and <b>AFTER</b> the activity. During the exercise or physical activity, individuals must maintain <b>at least two/three meter</b> distance from others.</p> <p>Appropriate protective apparel for individuals who will conduct routine disinfection of surfaces and equipment.</p>
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References:

1. DOH AO No. 2020 - 0015
2. Philippine Sports Institute - MSAS Framework Tool for Reintroducing Sport in a COVID-19 Environment: The Filipino Fitness and Recreational Sport-reintroduction Tool
3. EO No. 112, s. 2020
4. WHO Interim Guidelines on "Considerations for sports federations/sports event organizers when planning mass gatherings in the context of COVID-19"



Republic of the Philippines  
Department of Health  
**OFFICE OF THE SECRETARY**

Annex "C.3"

10 April 2020

**DEPARTMENT MEMORANDUM**

No. 2020 - 0157

**TO: ALL UNDERSECRETARIES AND ASSISTANT SECRETARIES; DIRECTORS OF BUREAUS, SERVICES AND CENTERS FOR HEALTH DEVELOPMENT; MINISTER OF HEALTH – BANGSAMORO AUTONOMOUS REGION IN MUSLIM MINDANAO; EXECUTIVE DIRECTORS OF SPECIALTY HOSPITALS AND NATIONAL NUTRITION COUNCIL; DIRECTOR GENERAL OF THE PHILIPPINES INSTITUTE OF TRADITIONAL MEDICINE AND ALTERNATIVE HEALTH CARE; CHIEFS OF MEDICAL CENTERS, HOSPITALS, SANITARIA AND INSTITUTES; PRESIDENT OF THE PHILIPPINE HEALTH INSURANCE CORPORATION; DIRECTORS OF PHILIPPINE NATIONAL AIDS COUNCIL AND TREATMENT AND REHABILITATION CENTERS AND ALL OTHERS CONCERNED**

**SUBJECT: Guidelines on Cleaning and Disinfection in Various Settings as an Infection Prevention and Control Measure Against COVID-19**

## I. BACKGROUND

After a cluster of pneumonia cases of unknown etiology was reported in Wuhan City, Hubei Province of China last December 31, 2019, Chinese health authorities preliminarily identified the cause of this viral pneumonia as a new or novel type of coronavirus.

With an increasing number of cases spreading to various territories and confirmed human-to-human transmission, the World Health Organization declared the outbreak as a Public Health Emergency of International Concern (PHEIC) last January 30, 2020.

The Department of Health (DOH) hereby issues these interim guidelines to public and private offices, homes and individuals on the use of chemical disinfectant such as sodium or calcium hypochlorite solution for infection prevention and control against Coronavirus Disease 2019 (COVID-19).

## II. DEFINITION OF TERMS

- A. **Cleaning** - refers to the removal of microbes, dirt, and impurities from surfaces. Cleaning does not kill microbes, but by removing them, it lowers their numbers and the risk of spreading infection.
- B. **Disinfection** - refers to the use of chemicals to kill microbes on surfaces. This process does not necessarily clean dirty surfaces or remove microbes, but by killing microbes on a surface after cleaning, it can further lower the risk of spreading infection.
- C. **Chlorine** - a chemical element with the symbol of Cl and atomic number 17. Chlorine-containing compounds such as calcium hypochlorite and sodium hypochlorite are used as disinfectants.

- D. **Calcium hypochlorite** - is an inorganic compound with formula  $\text{Ca}(\text{ClO})_2$ . It is the main active ingredient of commercial products called bleaching powder or chlorine powder.
- E. **Sodium hypochlorite** - is a chemical compound with the formula  $\text{NaOCl}$  or  $\text{NaCl}$ . It is most often encountered as a pale greenish-yellow dilute solution commonly known as liquid bleach or simply bleach.

### III. GENERAL GUIDELINES

- A. The sodium hypochlorite solution at 0.5% (equivalent to 5000 ppm) using a ratio of 1:10) shall be used for disinfecting surfaces including soiled clothes, toilets, body fluid spilled on the floors, vehicles, roads, disposed PPEs and similar healthcare wastes, and others.
- B. If other options for handwashing (e.g. alcohol-based rub, soap and water) are not available, sodium hypochlorite solution at 0.05% (equivalent to 500 ppm) using a ratio of 1:100) may be used for hand-washing. However, it must be used with caution because frequent use may lead to dermatitis which could increase risk of infection.
- C. Other types of chemical disinfectant such as ammonium chloride, phenols and hydrogen peroxide shall be used according to manufacturer's requirements.
- D. All individuals dealing with the disinfection process shall wear appropriate personal protective equipment (PPE).
- E. Proper hand hygiene shall be practiced before and after the disinfection activity.

### IV. SPECIFIC GUIDELINES

- A. **Preparation of the 0.5% sodium hypochlorite solution (1:10 solution) for surface disinfection (Refer to Annex A)**
  - 1. Using commercially available household bleach at 5% active chlorine, dilute 1 part of bleach to 9 parts of clean water; or
  - 2. Using chlorine powder/granules/tablet at 60%-70% active chlorine, dissolve 1 tablespoon of chlorine (equivalent to 10 grams) to 2 liters of clean water. Mix the solution thoroughly using a stick.
- B. **Preparation of the 0.05% sodium hypochlorite solution for hand-washing (1:100 solution) (Refer to Annex B)**
  - 1. Using the 0.5% solution of household bleach (Item A.1 or A.2), add 1 part of the solution to 9 parts of clean water. For example, add 100 mL of solution (7 tablespoons) to 1 liter of clean water.
- C. **Cleaning and Disinfecting Community Isolation Units**
  - 1. Cleaning and disinfecting surfaces should be at least once daily.
  - 2. Many disinfectants are active against enveloped viruses, such as the COVID-19 virus, including:
    - a. 70% ethyl alcohol to disinfect small areas between uses, such as reusable dedicated equipment (for example, thermometers);
    - b. sodium hypochlorite (strong bleach solution) at 0.5% (equivalent to 5000 ppm) for disinfecting surfaces (Refer to Annex A).
  - 3. While it is more advisable to mop or wipe surfaces directly, spraying of cleaning or disinfectant solution directly on a surface can be done with caution, and only when there is no other option of applying the same, since the disinfectant may also have adverse health effects when inhaled in an enclosed environment.

4. Pump-action containers that dispense liquid are preferred as opposed to spray-nozzle dispensers.
5. Mop the floors with regular household detergent and water at least once a day. It is best to practice the use of a two- or three-bucket system for mopping. The two-bucket system is used for routine cleaning where one bucket contains a detergent or cleaning solution and the other contains rinse water. The three-bucket system is used for disinfection where one bucket contains the detergent or cleaning solution, one contains rinse water and one with the disinfectant solution.
6. Disinfectant fogging is not recommended for general infection control in routine patient-care areas.

#### **D. Cleaning and Disinfecting Homes**

1. Clean and disinfect frequently touched surfaces and objects daily (e.g., tables, countertops, light switches, doorknobs, and cabinet handles) using a regular household detergent and water.
  - a. If surfaces are visibly dirty, cleaning using a detergent or soap and water should be done prior to disinfection.
  - b. Always follow the manufacturer's instructions for all cleaning and disinfection products. Labels contain instructions for safe and effective use of the cleaning product including dilution information and precautions that should be taken when applying the product, such as wearing gloves and having good ventilation during use of the product.
  - c. Apply the cleaning or disinfectant solution into the surface using cloth or paper roll, where available and appropriate.
  - d. While it is more advisable to mop or wipe surfaces directly, spraying of cleaning or disinfectant solution directly on a surface can be done with caution, and only when there is no other option of applying the same, as in community isolation units.
2. Ensure the toilet and bathroom are cleaned daily with a regular household detergent and water.
  - a. Handle feces from diapers or bedpans with care, ensuring the feces are safely disposed in the toilet.
  - b. If a bedpan is used, after disposing of the feces, the bedpan should be cleaned with a regular household detergent and water, then disinfected with a strong (0.5%) chlorine solution (Item IV.A.1), then rinse with clean water. All rinse water should be disposed of in the toilet.
3. Mop the floors with regular household detergent and water at least once a week (more frequently if household members are regularly going in and out of the house).
4. Any left-over bleach or disinfection solution must be disposed of and remade every 24hrs.
5. For soft (porous) surfaces such as carpeted floor, rugs, and drapes, remove visible contamination if present and clean with appropriate cleaners indicated for use on these surfaces. After cleaning:
  - a. Launder items as appropriate in accordance with the manufacturer's instructions. If possible, launder items using the warmest appropriate water setting for the items and dry items completely, or
  - b. Use household cleaning products that are suitable for porous surfaces in accordance with the manufacturer's instructions.

#### **E. Cleaning and Disinfecting Buildings**

1. When cleaning and disinfecting:



- a. Wear disposable or impermeable gloves and gowns for all tasks in the cleaning process, including handling trash.
  - b. Additional personal protective equipment (PPE) might be required based on the cleaning/disinfectant products being used and whether there is a risk of splash.
  - c. Gloves and gowns should be removed carefully to avoid contamination of the wearer and the surrounding area.
  - d. If there is a shortage of PPEs available, wash hands often with soap and water for at least 20 seconds. Change clothes immediately after the cleaning and disinfecting activity.
  - e. Always wash immediately after removing gloves..
  - f. If soap and water are not available and hands are not visibly dirty, an alcohol-based hand sanitizer that contains at least 70% alcohol may be used. However, if hands are visibly dirty, always wash hands with soap and water
2. For hard surfaces, first clean then disinfect at least daily:
    - a. Clean surfaces using soap and water. Practice routine cleaning of frequently touched surfaces.
    - b. High or frequently touched surfaces include: tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.
    - c. Mop the floors with regular household detergent and water at least daily. The two- or three-bucket system used in cleaning and disinfecting community isolation units should also be observed in cleaning/disinfecting buildings.
    - d. Disinfection can be done using household cleaners and disinfectants, diluted household bleach solutions or alcohol solutions with at least 70% alcohol – as appropriate for the surface. Check to ensure the product is not past its expiration date.
    - e. Like in community isolation units and homes, directly mopping or wiping surfaces in buildings is also more advisable. However, spraying of cleaning or disinfectant solution on a surface can also be applied with caution, and only when no other option is available, as in community isolation units and homes.
    - f. Follow manufacturer’s instructions to ensure safe and effective use of the product. Many products recommend:
      - i. Keeping the surface wet for several minutes to ensure microbes are killed.
      - ii. Precautions such as wearing gloves and having good ventilation during use of the product for application and proper ventilation.
    - g. Never mix household bleach with ammonia or any other cleanser.
  3. For soft surfaces (such as carpeted floor, rugs, and drapes):
    - a. Clean the surface using soap and water or with cleaners appropriate for use on these surfaces at least weekly.
    - b. Launder items (if possible) according to the manufacturer’s instructions. Use the warmest appropriate water setting and dry items completely; OR
    - c. Disinfect with an FDA-registered household disinfectant.
  4. For electronics (such as tablets, touch screens, keyboards, remote controls, and ATM machines)
    - a. Consider putting a wipeable cover on electronics.
    - b. Follow manufacturer’s instruction for cleaning and disinfecting. If no guidance, use alcohol-based wipes or solutions containing at least 70% alcohol. Dry surface thoroughly.

#### **F. Disinfection of Vehicles**

1. It is necessary to clean the vehicle before disinfecting

- a. Microfiber cloths and mops are recommended for removal of up to 99% of microbes.
2. Put on the PPE (consistent with health facility sanitary workers) and do not touch face further.
3. Prepare bleach/disinfectant solution, according to the manufacturer's instructions
  - a. For a 70% chlorine solution (calcium hypochlorite), mix ten (10) tablespoons of twenty (20) liters of water. Stir well for 10 seconds or until the chlorine has dissolved. Wait 30 minutes before use.
4. Keep the windows and doors open for ventilation.
5. If disinfectants cannot be applied directly, it may be sprayed, with caution, on surfaces like walls, doors, windows, glass, floor, etc. (avoid electronics) from one end to another.
6. Remove the PPE and put into trash bag (infectious waste bin).
7. Wash hands with soap and water and take a shower, change clothes immediately.

#### **G. Disinfection of Surfaces in Open Areas**

1. All public places should be cleaned from solid wastes using appropriate solid waste management procedures and proper wastewater management schemes based on existing DOH and DENR guidelines.
2. Disinfection of roads, pavements, benches and other surfaces in the open area during the enhanced community quarantine is recommended provided that the direct exposure of the public to the cleaning and disinfectant solution shall be avoided.
3. Proper application of disinfectant using spraying or using a pump-action dispenser as deemed necessary, with the necessary precautions, shall be followed to protect also the workers from direct exposure to chemical.

#### **H. Use of Disinfection Tents/Misting Chambers**

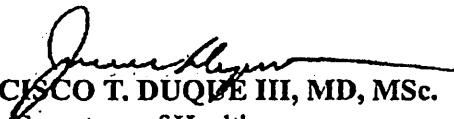
1. The US Center for Disease Control (CDC) reported the lack of microbicidal efficacy in the use of disinfectants but also adverse health effects where these methods were utilized. The use of misting tents for persons wearing regular clothes without PPEs may pose the following issues:
  - a. Safety of the chemical disinfectant used. Based on literature, commonly used chemical disinfectants such as hypochlorite are irritant to the skin and the mucous membrane (eyes, nose, and throat). It may also have adverse health effects when inhaled in an enclosed environment;
  - b. Efficacy of the chemical disinfectant. There are limited evidence-based studies to show that chemicals used for surface disinfectants intended to eliminate the human coronavirus would have the same efficacy when applied in the ambient environment or in humans.
2. Pending additional studies on demonstrating safety and efficacy, the use of disinfection tents, misting chambers, or sanitation booths for individuals without full PPE shall not be allowed.
  - a. Given the evolving nature of evidence for COVID-19, activities conducted by LGUs and agencies prior to the release of this issuance shall not be held against the implementing agency.
  - b. All implementing agencies are advised to repurpose the materials and staff initially indicated for these activities to efforts consistent with DOH guidelines such as for use of chemicals for surface disinfection, use of booths for temporary isolation or triage areas, or reallocation of staff for contact tracing.

- c. Individuals in full PPEs, characterized as having no external skin exposure, may be subjected to misting or spraying before doffing their full PPEs with careful consideration of the eyes, nose, mouth/throat.

**I. Storage of Chlorine and Prepared Solutions**

1. Store chlorine (liquid or powder) in air-tight non-metallic containers, away from heat, light and humidity in a ventilated area.
2. Carefully close disinfectant containers after use.
3. Never place in contact with water, acid, fuel, detergents, organic or inflammable materials (c.g. food, paper or cigarettes).
4. Change the prepared solutions every day. Do not prepare too much solution at a time to avoid wasting.

For strict compliance of all concerned

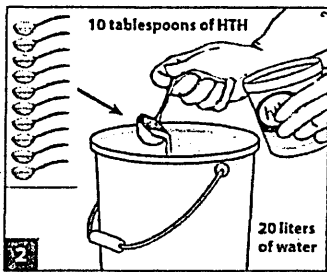
  
FRANCISCO T. DUQUE III, MD, MSc.  
Secretary of Health

## How to Make Strong (0.5%) Chlorine Solution from 70% Chlorine Powder

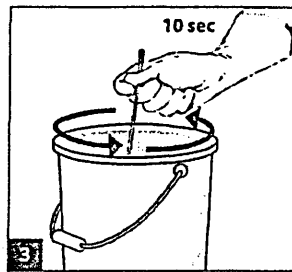
Use strong (0.5%) chlorine solution to clean and disinfect surfaces, objects, and body fluid spills.  
**Make new strong (0.5%) chlorine solution every day.** Throw away any leftover solution from the day before.



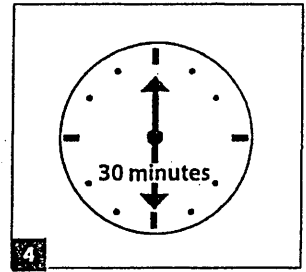
1 Make sure you are wearing **extended PPE**.



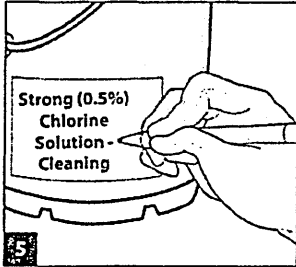
2 Add 10 tablespoons of HTH (70% chlorine) to 20 liters of water in a bucket.



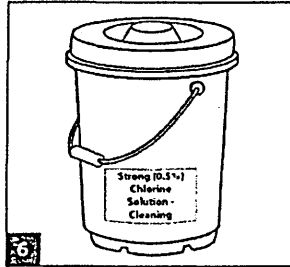
3 Stir well for 10 seconds, or until the HTH has dissolved.



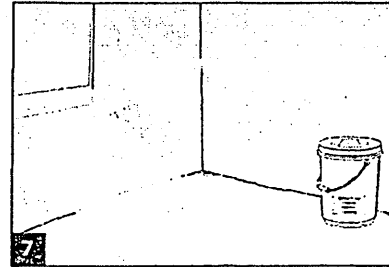
4 Wait 30 minutes before use.



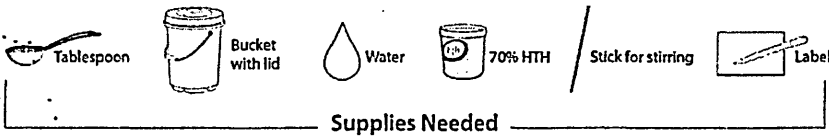
5 Label bucket "Strong (0.5%) Chlorine Solution - Cleaning."



6 Cover bucket with lid.



7 Store in shade. Do not store in direct sunlight.



"ANNEX B"

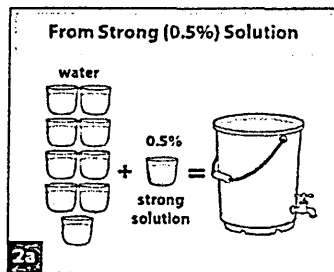
## How to Make Mild (0.05%) Chlorine Solution

Use mild (0.05%) chlorine solution to wash ungloved hands.

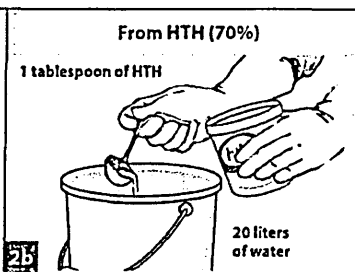
Make new mild (0.05%) chlorine solution every day. Throw away any leftover solution from the day before.



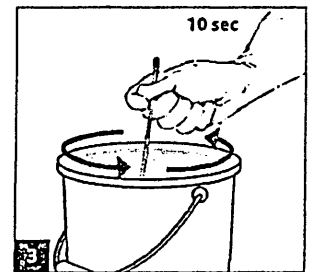
Make sure you are wearing extended PPE.



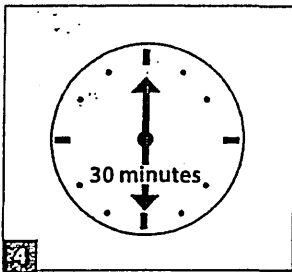
Pour 9 parts water and 1 part strong (0.5%) solution into a bucket. Repeat until full.



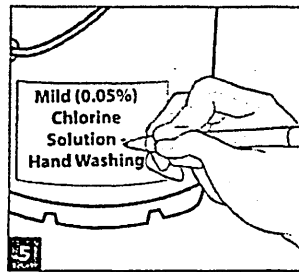
Add one tablespoon of HTH (70%) to 20 Liters of water in a bucket.



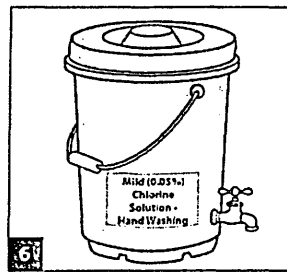
Stir well for 10 seconds, or until the HTH has dissolved



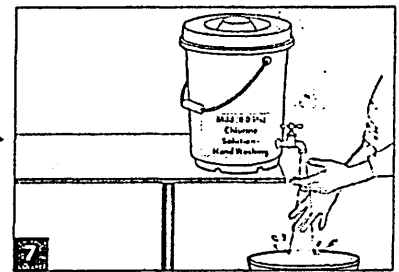
Wait 30 minutes before use.



Label bucket "Mild (0.05%) Chlorine Solution - Hand Washing."



Cover bucket with lid.



Place at hand washing stations.



**WARNING**  
Do NOT drink chlorine water.  
Do NOT put chlorine water in mouth or eyes.



Republic of the Philippines  
Department of Health  
**OFFICE OF THE SECRETARY**

June 26, 2020

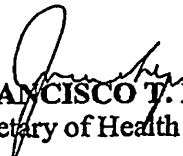
**DEPARTMENT MEMORANDUM**  
No. 2020 - 0157-A

**TO: ALL UNDERSECRETARIES AND ASSISTANT SECRETARIES; DIRECTORS OF BUREAUS AND CENTERS FOR HEALTH DEVELOPMENT; MINISTER OF HEALTH – BANGSAMORO AUTONOMOUS REGION IN MUSLIM MINDANAO; EXECUTIVE DIRECTORS OF SPECIALTY HOSPITALS AND NATIONAL NUTRITION COUNCIL; CHIEFS OF MEDICAL CENTERS, HOSPITALS, SANITARIA AND INSTITUTES; PRESIDENT OF THE PHILIPPINE HEALTH INSURANCE CORPORATION; DIRECTORS OF PHILIPPINE NATIONAL AIDS COUNCIL AND TREATMENT AND REHABILITATION CENTERS AND ALL OTHERS CONCERNED**

**SUBJECT: Amendment to Department Memorandum No. 2020-0157 entitled "Guidelines on Cleaning and Disinfection in Various Settings as an Infection Prevention and Control Measure Against COVID-19"**

The Department Memorandum 2020-0157 entitled "Guidelines on Cleaning and Disinfection in Various Settings as an Infection Prevention and Control Measure Against COVID-19" is hereby amended to reflect the following changes:

- I. To add under Section III. on General Guidelines:
  - "F. Ensure correct concentration of the chemical disinfectant prior to application. The disinfectant should be properly labeled and stored.
  - G. The Safety Data Sheet of the disinfectants being used should be readily available in case of spills or accidents.
  - H. Follow carefully the proper method of application of the chemical disinfectant."
- II. To revise Section IV.H.2. on Use of Disinfection Tents/Misting Chambers to read:
  - "2. Pending additional studies on demonstrating safety and efficacy, the use of disinfection tents, misting chambers, or sanitation booths for individuals is **STRICTLY PROHIBITED** even for individuals in full PPE (e.g. pre-doffing misting)."
- III. To delete Section IV.H.2.c. on Use of Disinfection Tents/Misting Chambers.

  
**FRANCISCO T. DUQUE III, MD, MSc**  
Secretary of Health