

24 June 2020

HOW TO SURVIVE YOUR HOMECOMING

1. PRE-DEPARTURE

Prepare well, or suffer later.

- A. Airline—**Check the airline website daily for changes to both flights and procedures**, and be prepared for cancellations--or even rerouting to Cebu. (My PAL flight from SFO was cancelled twice and then delayed 2 ½ hours. I finally left 6 days later than planned.)
- B. Hotel and transport—**Reserve your hotel and transport in advance**. There are many listed hotels ranging from 5 star to no star. (A hotel car from NAIA to Makati Medical Center (MMC) for a second Covid PCR test, to the hotel in Makati cost me around P3400.) Note: You will **not** be allowed to leave the airport without having arranged to stay in an accredited quarantine hotel. And without accredited transport to that hotel, you will have to wait and join the quarantine bus. See <http://quarantine.doh.gov.ph/facilities-inspected-as-of-june-11-2020/> for a list of approved hotels. Print out your reservations.
- C. Before going to the airport, **register for your Red Cross QR Code at <https://e-cif.redcross.org.ph>**. You will need your passport for this, and you should print out (or have accessible on your phone) the QR code generated. You will be asked for it upon check-in, at the gate, and when you land in Manila.
- D. Optional Second PCR Test—If you would rather not wait in a quarantine hotel for the 3-5 days, maybe more, that it will take to get the test results from the Philippine Red Cross, and if you are willing to pay for test results that you receive in 24-48 hours (P8150 or P6520 senior rate), you should book a second test at a DOH accredited facility, e.g., MMC. You can call MMC (+63-2-88888999 x.7335 Covid Hotline) and make the appointment to be tested at the hospital or, if you are willing to pay around P9800, you can contact the MMC laboratory for a test done in your quarantine hotel. You will receive an email confirmation from the hospital.

2. AT THE AIRPORT AND ON THE PLANE

- A. Quarantine Documentation—expect a lot of it; have your own pen ready.

- i. Upon check-in with PAL, you will be asked to fill out a Declaration, Release, and Waiver as well as a Passenger Health Locator Form.
 - ii. At some point during your flight, you should receive 6 more forms to accomplish: the Health Declaration Card, Arrival Card, Customs Declaration, the Inter-Agency Task Force on Emerging Infectious Diseases Declaration Form, the Case Investigation Form, and the Affidavit of Undertaking.
- B. Hygiene and Mental Health Notes**
- i. Don't forget your mask(s)!!! At least 3 masks for long trips: 2 for use in the airports, and a more comfortable cloth one to use on the plane. Some airlines specify the use of surgical masks on board.
 - ii. Always have your hand sanitizer and disinfecting wipes within easy reach, especially around the TSA area and toilets.
 - iii. Don't stress out about air on the plane—it is not recycled. Outside air is continuously brought in, heated, and HEPA grade filtered. Unless someone near you is sick and spewing disease, you should be okay.
 - iv. The flight crew really do try to maintain service standards, despite their rather unsettling new uniforms. The usual meals, in the usual quantities are served, as are beverages, including alcohol.
 - v. Don't forget to disinfect the surfaces you will touch in the bathroom and shut the toilet seat before flushing.

3. ARRIVING IN MANILA (TERMINAL 2)

The good news: procedures have improved, compared to reports from a few weeks ago. (My experience: time elapsed from arrival at the gate and getting into the car, was 2 hours, much better than the 4 hours or so I had expected. That there were no other flights arriving at the same time, sitting towards the front of the plane, and having prepared all my documents and reservations certainly helped). The Red Cross pre-departure registration for Covid testing, and the step-by-step outline of arrival procedures, see below, are big steps in the right direction.

The bad news: there remain needlessly risky and gratuitously annoying procedures, specifically the unintelligible Coast Guard briefing. Roughly 45 minutes in the airconditioned but poorly ventilated terminal--a potentially contaminated environment--could have been avoided modifying the briefing.

- A. Briefing—Please excuse the following rant. I hope it will be a thing of the past by the time you read this. We were let into the arrival section of Terminal 2, where we waited half an hour in the draft of musty air conditioners for the entire plane to disembark. In the meantime, the barcode and testing teams who could have started with the waiting passengers sat inactive. Only when everyone was seated (in alternating seats) did a Coast Guard functionary, dressed in full PPE, camouflage cap

and wearing TWO face masks, one atop the other, begin the most aggravating part of the entire trip. Understanding someone speaking through one mask speak is difficult enough, but it is an exercise in futility when two masks and an echoing P.A. system are involved. From what little I could comprehend, the 15 minute briefing began by paying respects to the IATF. Then there was some mumbling about mandatory swab test results taking 3-5 days, the quarantine hotel requirement, the option of a second test at a DOH accredited facility. . . The rest was unintelligible. It was followed by a 3 minute talk on what might have been mental health. A simple brochure distributed on the airplane, or a clear, recorded message in Pilipino and English, played on the airplane before landing or as it taxis to the gate,, would have been far more effective, time efficient, and less of a health risk to the passengers as well as the Coast Guard personnel.

- B. Encoding and barcoding—after the briefing, you queue up and present your Red Cross QR code to get barcoded stickers for your passport and for the Covid swab test. This takes less than 5 minutes. The sticker applied to your passport contains the reference number needed to obtain your test result online.
- C. Swab test—Armed with the stickers, you proceed to a test booth manned by someone in full PPE. The tester, who disquietingly also handles the non-sterile passport and stickers, peels out a nasal swab, inserts it deep into your nasal cavities, then takes another swab and lightly sweeps the back of your mouth with it. The procedures are unpleasant, rather than painful, and are over in less than a minute.
- D. Immigration—Due to the limited number of passengers (600 per day, last time I checked) the line at immigration should be quite short.
- E. Quarantine Facility Assignment--Proceed to the Department of Tourism section at the far end of the luggage claim area. You will have to walk past the luggage from your flight. If you see one of the few porters, ask him to help find your luggage while you are at the DOT. The DOT personnel will note down your reservation, if you have one, or arrange for a hotel if you don't.
- F. Baggage—Return to the baggage area to find and collect your luggage. The bags are on the floor, not on the carousel, so it may not be easy to find your bags. I did not see evidence of the luggage carts being cleaned, so have your disinfectants ready.
- G. Exit to driveway—You will be asked to show evidence of a hotel car reservation if you are not taking the Coast Guard shuttle to a hotel. Have the driver's name, mobile phone, and plate number handy as you will have to call the driver to fetch you.

4. MAKATI MEDICAL CENTER (OPTIONAL) AND HOTEL

- A. From the airport, I went directly to MMC for my optional, appointed Covid PCR test. The Covid Testing center is in what used to be the hospital's de la Rosa Street

driveway. (You can get dropped off there, register, and go to pay at the cashier located inside the lobby of the hospital, if you did not previously pay online. Return to the testing center with your receipt.) I waited a few minutes for my turn at the testing booth. MMC's efforts at keeping the testing center clean and efficient are apparent: seats are well spaced, and the testing booth surfaces and chairs are wiped down before every client. Time spent at MMC was less than 30 minutes.

- B. The ride from MMC to Makati many hotels takes less than 10 minutes, without traffic. Since the paperwork was taken care of when the reservation was made, you are escorted from the car directly to your room. Quarantine guests are not given keys and cannot leave the room until the Covid test result from either the Red Cross or a DOH accredited facility has been released. Room service and food delivery are available and taken to the room by hotel staff. The usual daily room cleaning is not available, as one is supposed to be in quarantine. However, materials for cleaning and disinfecting are often provided. Since I had reserved an apartment with a washing machine, there was laundry detergent as well.
- C. The following afternoon, less than 36 hours after arrival, the result of my PCR test at MMC was ready. I sent a copy (negative for SARS Cov2) to the hotel. At that point, after less than 48 hours, I could have checked out of the hotel and gone home to continue my quarantine there.

At home, four days after arrival, I checked the online Covid Platform of the Philippine Red Cross, redcross.com.ph, and my test result (again, Covid negative), appeared on screen as soon as I typed in my passport number and the barcode control number. However, according to the current guidelines, I should remain in quarantine for the balance of the 14 days. This 14 day quarantine would make sense in the absence of testing, but it seems unnecessary in the face of not just one, but two, Covid-negative tests. This lengthy quarantine--more than the Covid testing, the unpredictable flights, and the mask requirement--is probably the biggest deterrent for people coming to the Philippines. (That, and the Coast Guard briefing.)

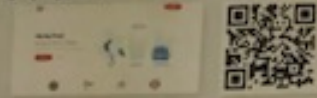
I hope this helps make for an easier homecoming.

GUIDE PARA SA MGA RETURNING FILIPINOS SA PILIPINAS



STEP 1: REGISTRATION

Mag register online sa <https://ie-af.redcross.org.ph> o i-scan ang QR code. Ilusag kalimatag i-upload rin ang picture ng bio-page ng inyong passport.



STEP 2: CONFIRMATION EMAIL AT QR CODE

Makakatanggap kayo ng confirmation email at QR Code. I-save sa inyong telepono o i-print ang QR Code.



STEP 3: BRIEFING

Pagdaling ninyo sa airport ng Pilipinas, magkakaroon po ng briefing para sa simpleng prosensong daraanan.



STEP 4: VERIFICATION AT BARCODING

Pumunta sa Verification Counter at ipakita ang inyong QR code. Kayo ay bibigyan ng anim (6) na barcode stickers, idikit ang isa sa inyong passport.



STEP 5: SWAB TESTING

Kayo ay papupuntahan sa isang Testing Booth para ma-swab. Bigay ang natitirang limang (5) barcode stickers sa swabber.



STEP 6: IMMIGRATION

Dumeredho na sa immigration counter at ipakita ang passport pati ang barcode sticker.



STEP 7: QUARANTINE FACILITY ASSIGNMENT

Para malaman ang inyong Quarantine Center Assignment, pumunta sa mga susunod na desk, kung ikaw ay:

- OPW - **OWWA**
- Seafarer na may Local Manning Agency - **LMA**
- Non-OPW Returning Filipino - **DOT**



STEP 8: RESULTA

Ipadala ang inyong resulta via text message at email sa loob ng 72 hours.



HELP LINE: 1158 o 143



DECLARATION RELEASE AND WAIVER

I hereby declare that I have been duly notified of the travel and health check requirements issued for passengers travelling to Philippines by Philippine Airlines. I therefore hereby declare that I HAVE NOT:

1. exhibited or suffered from fever, cough and/or breathing difficulties in the last fourteen (14) days;
2. tested positive or presumptively positive with the COVID-19 or been identified as a potential carrier of the COVID-19 virus or similar communicable illness;
3. been in direct contact with or the immediate vicinity of any person I knew and/or now know to be carrying the COVID-19 or has been identified as a potential carrier of the COVID-19;
4. been in any location positively designated as hazardous and/or potentially infected with the Coronavirus by a recognized health or regulatory authority;
5. been on a cruise ship or vessel with an incident of death or known transmission of COVID-19 amongst its passengers and/or crew;
6. been working with a company / factory / establishment with known transmission of COVID-19;
7. been refused boarding to any flight in the past fourteen (14) days due to medical reason related to COVID-19.

I am aware and I fully understand that only true and correct information must be provided and that I will be held liable for any false or misleading formation.

As such, I agree to shoulder and pay all travel, medical, quarantine, and all such other costs for either my deportation, in the event of the restriction of my entry into the Philippines, or my mandatory quarantine in the Philippines.

I also hereby fully forever release and discharge and agree to indemnify and hold free and harmless, Philippine Airlines, Inc., its officers, directors, employees, agents, insurers, reinsurers and other parties-in-interest from any and all known and unknown claims and damages of any nature, including but not limited to quarantine, and other ensuing medical and travel costs that may arise from my restriction to enter Philippines or mandatory quarantine in Philippines, and all such other personal or bodily injury and property damages arising from my voluntary decision to take my flight to Philippines despite the circumstances as above-stated, and hereby waive all my rights and claims on account thereof against Philippine Airlines, Inc., its officers, directors, employees, agents, insurers, reinsurers and other parties-in-interest.

IN WITNESS HEREOF, I have hereby set my hand and seal this ____ day of _____ 2020.

PRINTED NAME and SIGNATURE

PASSENGER HEALTH LOCATOR FORM

For your safety and protection, government health officers need this form to contact you in case of a communicable disease onboard a flight. Please fill out completely and accurately. The information required will be used in accordance with law. Please write using block letters in blue or black ink.

FLIGHT NO. PR SEAT NO. _____

DATE OF ARRIVAL / /
 y y y / m m / d d

NAME:

Last (Family) Name _____

First (Given) Name _____

Middle Name (if available) _____

Others _____

For passengers traveling with family members with same address and contact details, please indicate all family members at the back of this form.

ADDRESS:
(If visitor, include your Temporary Address. If citizen or Resident—include accommodation/hotel/ Permanent Address)

Number and Street _____

City _____

State/Province _____

Zip/Postal Code _____

PRIMARY CONTACT PHONE / MOBILE NUMBER
(Include country code)

SECONDARY CONTACT PHONE / MOBILE NUMBER
(Include country code)

EMAIL ADDRESS

- This confirms that I did not originate from, transfer from, or transit through any location in mainland China, Hong Kong, Macau or Taiwan in the past 14 days.
- I have been in the People's Republic of China or Hong Kong, or Macau or Taiwan in the past 14 days (whether originating from, transferred from, or transited through). Dates of travel to People's Republic of China, Hong Kong, Macau or Taiwan - _____

(Signature Over Printed Full Name)

By affixing my signature, I attest to the truth and veracity of the above information. I understand the need for the collection of the data and consent thereto.

HEALTH DECLARATION CARD

* This form shall be submitted to the Bureau of Quarantine, Manila, Philippines. *
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Passport No. _____
 First Name _____
 Middle Name _____
 Last Name _____
 Sex Male Female
 Date of Birth (mm/dd/yyyy) _____
 Date of Issue (mm/dd/yyyy) _____
 Date of Expiry (mm/dd/yyyy) _____
 Type of Travel Passenger Crew
 Flight Number _____ Seat No. _____
 Name of Airline _____
 Residence Address (Pre-departure) _____
 Philippine Mobile No. (cell) _____
 Country of origin (indicated and stamped in the IRR-30 stamp) _____
 Have you been sick in the past 14 days? Yes No
 Declaration: I hereby declare that I am free from any communicable disease and I have not been in contact with any person who has been diagnosed with any communicable disease in the past 14 days.
 Signature of Passenger: _____
 Signature of Passenger: Crew _____

Welcome to the Philippines!

BUREAU OF CUSTOMS

THIS FORM SHALL BE SUBMITTED TO THE BUREAU OF CUSTOMS, MANILA, PHILIPPINES. THIS FORM SHALL BE SUBMITTED TO THE BUREAU OF CUSTOMS, MANILA, PHILIPPINES. THIS FORM SHALL BE SUBMITTED TO THE BUREAU OF CUSTOMS, MANILA, PHILIPPINES.

Personal Information

Surname _____ Gender Male Female
 First Name _____
 Middle Name _____
 Address in the Philippines _____
 Date of last departure from the Philippines _____
 Country of Origin _____
 Type of Travel Passenger Crew
 Purpose of Travel _____
 Reason for travel Business Tourism Study Other _____
 I hereby certify under penalty of perjury that the information provided is true and correct to the best of my knowledge.

DATE ACQUIRED: _____

ARRIVAL CARD

CONTACT US

FOR MORE INFORMATION, VISIT OUR WEBSITE AT: www.bureauofcustoms.gov.ph

1. Name of Passenger: _____
 2. Date of Arrival: _____
 3. Flight Number: _____
 4. Airline: _____
 5. Seat Number: _____
 6. Type of Travel: Passenger Crew
 7. Purpose of Travel: _____
 8. Reason for Travel: Business Tourism Study Other _____
 9. Signature of Passenger: _____
 10. Signature of Passenger: Crew _____



Inter-Agency Task Force on Emerging Infectious Diseases
DECLARATION FORM
 COVID-19 Quarantine Protocols

Please write legibly in CAPITAL LETTERS and answer all questions if possible

REFERENCE NR:

Flight Number: _____
 Country of Origin (Flight): _____
 Date/Time of Arrival: _____

OFW Sea-based Land-based
 NON-OFW Tourist Student Diplomat Others (Specify) _____

Family Name:

First Name:

Middle Name:

Passport Nr:

Cellphone Number:

Home Address:

Name of nearest Kin:

Contact Number of Kin:

Age: _____ Sex: _____ Nationality: _____

Occupation: _____

Agency/Employer: _____

Office/Company Address: _____ Contact Number: _____

Country/ies worked, visited, transitted in the last 30 days: _____

Have you been sick for the past 30 days? YES NO

If Yes, please specify: _____

Do you have other Medical conditions? YES NO
 (Hypertension, Diabetes, etc.)

If Yes, please specify? _____

Do you have food restrictions? YES NO

If Yes, please specify? _____

I hereby declare that the information I have given is true, correct and complete to the best of my knowledge.

Signature over Printed Name



Name: _____

PCR Test: DONE NOT DONE

Medical Technologist: _____

REPUBLIC OF THE PHILIPPINES)
City of Manila)Ss.

AFFIDAVIT OF UNDERTAKING

I, _____, of legal age, (*single/ married*),
and a resident of _____, a
_____ citizen, with contact number _____ on oath
depose and say; **THAT:**

1. I am returning/travelling to the Philippines from _____
via _____ (*flight details*).

2. I stayed in _____ (*country*) from _____ to
_____ (*period of stay*) before my return to the Philippines.

3. As a consequence of the ongoing COVID-19 pandemic and the mandatory health protocols of the Bureau of Quarantine (BOQ), I hereby voluntarily submit myself for COVID-19 testing and undergo a mandatory quarantine at (1) a government-accredited quarantine facility; or (2) a BOQ-accredited quarantine facility of my choice and chargeable to my own account, and shall stay therein until the RT-PCR test result is negative.

4. I am giving an authority to any personnel of the Task Group Bayanhan/BOQ/DOH to inquire about my mandatory quarantine from the quarantine facility _____ (*provide name of facility if already arranged*) where I will be observing my quarantine.

5. In case of my failure to observe the mandatory facility quarantine, I shall be held civilly and criminally liable under existing laws of the Philippines in addition to the provisions of Section 9 (b), (d) and (e) of RA 11332, "The Mandatory Reporting of Notifiable Diseases and Health Events of Public Concerns".

IN WITNESS WHEREOF, I hereunto set my hand this _____ day of _____, 2020 in the City of Manila, Philippines.

Affiant
CDI No. _____
Issued at _____
Issued on _____

SUBSCRIBED AND SWORN TO BEFORE ME, this _____ day of _____, 2020 in the City of Manila, Philippines.

Reference No.



Philippine Integrated Disease Surveillance and Response

Case Investigation Form
2019 Coronavirus Disease (CoVID-19)
(Annex C)



| | | | | | |
|---|--------------------------------|-------------------------------------|--|--|------------|
| Disease Reporting Unit/Hospital Philippine Red Cross | | Name of Investigator | | Date of Interview | |
| 1. Patient Profile | | | | | |
| Last Name | First Name | Middle Name | Birthday | Age | Sex |
| Occupation | Civil Status | Nationality | | Passport No. | |
| 2. Philippine Residence | | | | | |
| House No. Lot/Block | Street | Municipality/City | | Province | |
| Region | Home Phone No. | Cellphone No. | Email Address | | |
| 3. Overseas Employment Address (for Overseas Filipino Workers) | | | | | |
| Employer's Name | Occupation | Place of Work | | | |
| House No./Bldg. Name | Street | City/Municipality | | Province/State | |
| Country | Office Phone No. | Cellphone No. | | | |
| 4. Travel History | | | | | |
| History of Travel/work in other countries within last 14 days | | | Port of exit | | |
| <input type="checkbox"/> Yes <input type="checkbox"/> No | | | <input type="checkbox"/> Yes <input type="checkbox"/> No | | |
| Airline/Vessel | Flight/Vessel Number | Date of Departure | | Date of Arrival in Philippines | |
| 5. Exposure History | | | | | |
| History of Exposure to Known CoVID-19 Case | | | If yes, Date of Contact with Known CoVID-19 Case | | |
| <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unknown | | | <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unknown | | |
| 6. Clinical Information | | | | | |
| Clinical Status at Time of Report | | | Date of Admission/Consultation | | |
| <input type="checkbox"/> Inpatient <input type="checkbox"/> Outpatient <input type="checkbox"/> Died <input type="checkbox"/> Discharged <input type="checkbox"/> Unknown | | | | | |
| Date of Onset of Illness | | | | | |
| Fever _____°C | Cough <input type="checkbox"/> | Sorethroat <input type="checkbox"/> | Colds <input type="checkbox"/> | Shortness/difficulty of breathing <input type="checkbox"/> | |
| Other symptoms, specify | | | Is there any history of other illness? <input type="checkbox"/> Yes <input type="checkbox"/> No | | |
| | | | If YES, specify | | |
| Diarrhea done? <input type="checkbox"/> Yes <input type="checkbox"/> No | | | Are you pregnant? <input type="checkbox"/> Yes <input type="checkbox"/> No | | |
| If yes, when? | | | LMP | | |
| CXR Results | | | Other Radiologic Findings | | |
| <input type="checkbox"/> Pneumonia <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Pending | | | | | |
| Swab Collector: | | | | | |
| 7. Specimen Information | | | | | |
| Specimen Collected | IF YES, Date Collected | Date sent to RTM | Date received in RTM (to be filled up by RTM) | Virus Isolation Result | PCR Result |
| <input type="checkbox"/> Serum | ____/____/____ | ____/____/____ | ____/____/____ | | |
| <input type="checkbox"/> Oropharyngeal Nasopharyngeal swab | ____/____/____ | ____/____/____ | ____/____/____ | | |
| <input type="checkbox"/> Others | ____/____/____ | ____/____/____ | ____/____/____ | | |
| 8. Final Classification | | | | | |
| <input type="checkbox"/> Patient Under Investigation (PU) <input type="checkbox"/> Person Under Monitoring (PUM) <input type="checkbox"/> Confirmed CoVID-19 Case | | | | | |
| 9. Outcome | | | | | |
| Date of Discharge | | | Condition on Discharge | | |
| | | | <input type="checkbox"/> Died <input type="checkbox"/> Improved <input type="checkbox"/> Recovered <input type="checkbox"/> Transferred <input type="checkbox"/> Abandoned | | |
| Name of Informant (if patient not available) | | Relationship | Phone No. | | |

- Patient Under Investigation (PU)**
- A person with sudden onset of fever (≥38°C) and/or cough, and/or sorethroat, and colds, or diarrhea in the absence of other diagnoses AND
 - A person with history of travel from China within 14 days OR
 - A person who visited any health care facility with a known case of CoVID-19
- Person Under Monitoring (PUM)**
- An asymptomatic with travel history from China OR
 - A person with exposure from a known confirmed CoVID-19 case OR
 - A person who came from other countries with confirmed CoVID-19 infection EXCEPT China, with no history of exposure, but with fever and/or cough
- Confirmed Novel Coronavirus Case**
- A person with laboratory confirmation of infection with 2019 Novel Coronavirus (2019-nCoV)