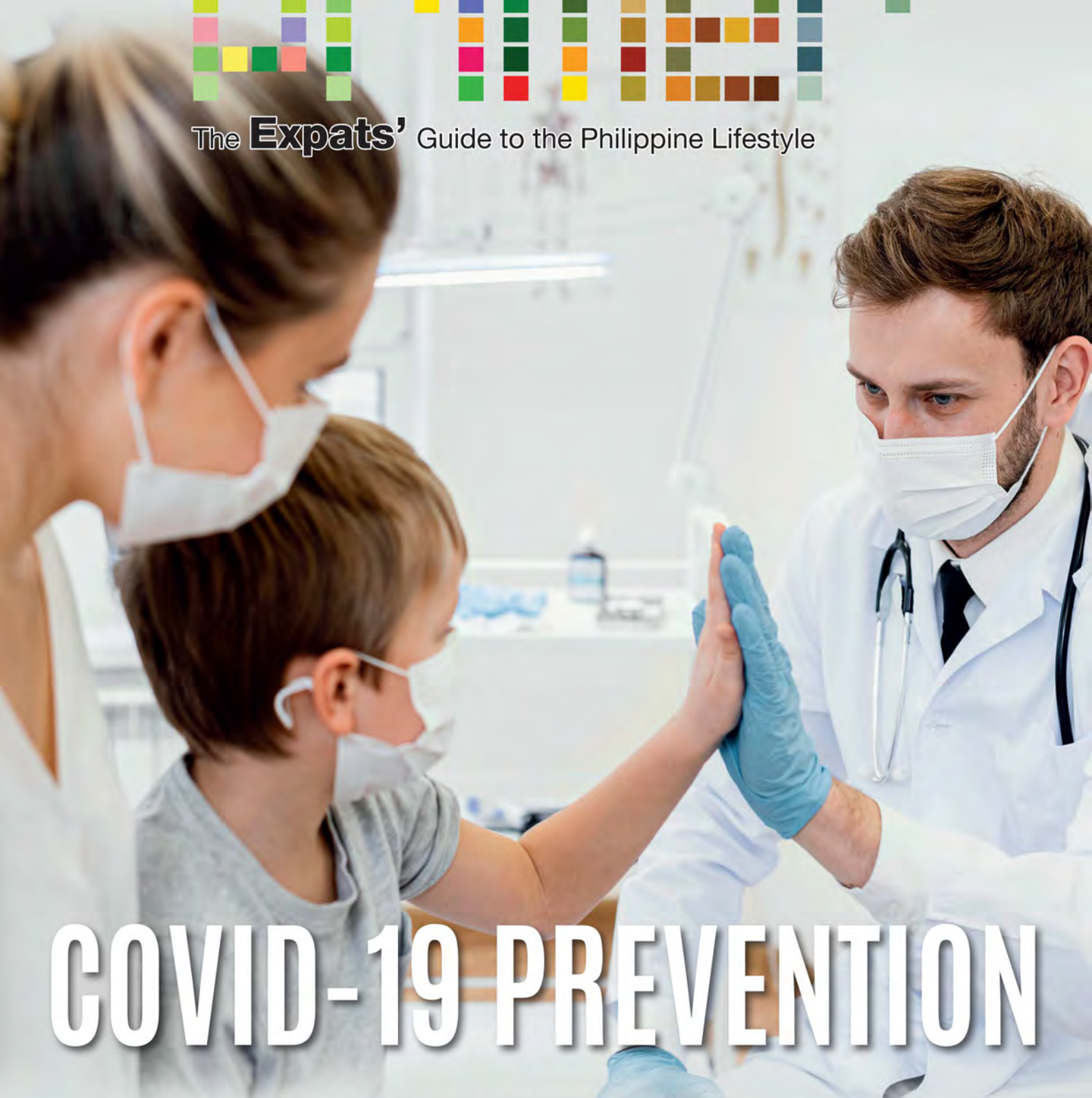


# Philippine



The **Expats'** Guide to the Philippine Lifestyle



# COVID-19 PREVENTION

— SPECIAL FEATURE —  
A Fight Against the Pandemic

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## [ Feature Stories ]

### 2 Special Covid-19 Prevention | *A Fight Against the Pandemic*

#### Features of the Issue

SPECIAL FEATURE — The COVID-19 pandemic rages on with no sign of abating, consequently affecting millions of Filipinos and thousands of businesses and other establishments across the country. Fortunately, we could be seeing the light at the end of the long, dark tunnel after over a year of wrestling against this deadly contagion with the development of several coronavirus vaccines by international pharmaceutical companies. In the meantime, as we wait for our share of the much-coveted vaccines, we at Philippine Primer continues to inform the public by releasing the latest news, updates, and developments concerning the virus and its effects on the Filipino people. In this issue, we're telling you useful tips on how to avoid this dreaded disease as well as indispensable information you might need in case you get infected.



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# Coronavirus, an introduction

The world stood still when the COVID-19 outbreak began in late 2019 in Wuhan City, Hubei Province, China. The virus exponentially spread undetected across the globe in the first quarter of 2020. It remains an ongoing pandemic, so it is necessary to take precautions to minimize both the risk of being sick and the transmission of the disease. Here are the categories or levels of infection and its accompanying symptoms according to the World Health Organization:



primer.com.ph/feature



## Mild Condition

### Symptoms

- Cough
- Cold
- Fever

Those under this category have cough, cold, fever, among other mild symptoms. Though they sometimes experience difficulty breathing, they don't require to be hospitalized: they just need to self-quarantine. If they are living with their families or other people, they must not socialize with them. They must not leave their rooms as much as possible. They should also take their daily dose of vitamins, drink a lot of water, and have plenty of rest until they finally recover. Most importantly, they shouldn't forget to ventilate their rooms as they need fresh air for their speedy recovery.

### Coronavirus experience: A male patient in his 30s

When I found out I have COVID-19 after taking our company's RT-PCR test, I had to self-quarantine in my room. I just asked my friends and officemates to buy all the things I need like food and toilet paper, and leave them in front of my house, though I feel bad about being a burden to them. When I was in self-quarantine, I'd eat three nutritious meals a day and get plenty of rest. I'd also drink lemon water with honey and take my daily dose of vitamins. Fortunately, I was able to recover completely in about two weeks.

### Advice to those who have COVID-19:

I think that being depressed won't do any good to one's outlook in life and health in general. So don't let the boredom get into you, be strong, and focus on your recovery.



## Moderate Condition

### Symptoms

- Cough
- Difficulty in breathing
- Cold
- Chest pain
- Heat

Aside from the symptoms mild patients have, patients under this category also experience difficulty breathing and chest pains. They also suffer from pneumonia in most cases. Therefore, hospitalization is required. Patients who are over 60, obese, and have other underlying medical conditions are at risk of developing serious complications. That's why they are needed to be closely monitored in the emergency room.

### Coronavirus experience: A female patient in her 40s

One Saturday evening, I suddenly experienced chills, joint pain, fever, among others. I thought I only had a cold so I didn't mind it at all. I slept with a thick blanket and turned the air-conditioning off to induce sweating like I always do when I have a cold. Despite that, my condition didn't improve and I started having head-splitting headaches the next day. When I consulted my doctor, he told me, "We can't determine your condition yet. You should self-quarantine for now." He also said I would get the most accurate results after 9 days, so that's how long I waited to test for COVID-19. Meanwhile, people around me thought I was trying to postpone taking the test on purpose so the results would be negative, and that hurt me. As planned, I took the test on the 9th day and the results were negative, but I still had a cough and mild fever so I was convinced that I had COVID-19. When I asked my company to let me retake the test, a month had already passed. I was COVID-19 positive. During my fight against the virus, I'd get up (around) 10 times a day so I could take deep breaths to exercise my lungs. I'd also check my oxygen level thrice a day and apply Vicks vapor rub on my chest, soles, and back regularly. I drank ginger tea and calamansi juice with honey. I'd also wrap a towel around my neck to make myself comfortable and regularly talk to my doctor while I was recuperating.

### Advice to those who have COVID-19:

Medical conditions are different in emerging countries like the Philippines, so make sure to have a good relationship with a doctor you can rely on in case of emergency. It is important to stay at home. If you know a doctor, you can talk to them via calls or text messages whenever you have a problem. It saves you the trouble of going to the hospital.



## Severe Condition

### Symptoms

- Mild and moderate symptoms
- Low blood oxygen level
- Weak lungs leading to intubation

Patients with severe COVID-19 are admitted to the ICU (Intensive Care Unit), where they are closely monitored and receive special medical attention. They are also intubated (attached to a mechanical ventilator) as they struggle breathing due to severe lung infection.

### Coronavirus experience: A female patient in her 50s

In my case, I was one of those patients who became infected with COVID-19 at the onset of the pandemic and became seriously ill. When I developed a high fever, I was taken to the hospital while I was unconscious. When I woke up, I was already admitted to the ICU (intensive care unit) in a hospital. During my time there, I had a hard time swallowing food and medicine. I was struggling since my symptoms worsened. Fortunately, I was able to make a full recovery. Later, I heard that eleven people including them were admitted to the ICU, but I was the only one who made it out alive. It eventually became a common scene in hospitals.





# Let's Talk About COVID-19

## with Dr. Kathleen Modina

While the COVID-19 pandemic rages on with no signs of abating, the public continues to suffer its debilitating effects both to their minds and bodies. That's why the Philippine Primer asked Dr. Kathleen Modina to answer the most frequently asked questions and debunk misconceptions about the virus, hoping it will help disseminate indispensable information to the Filipino people as they continue living their lives in the new normal.

### What is COVID-19 and its symptoms?

COVID-19 is an influenza-like illness that manifests as a respiratory disease, but actually attacks your circulatory system. Lots of people recently during the pandemic who suffered from strokes and heart attacks also had COVID-19 and there are studies linking these two diseases together. Someone who has difficulty breathing, cough, cold, sore throat, slight fever, body weakness, diarrhea to a rare extent, is vomiting, or lost their sense of smell is already a COVID-19 suspect. Any symptoms similar to a cold or influenza is COVID-19 until proven otherwise. Aside from that, it can also mimic lots of medical conditions: strokes, heart attacks, among others.

### What are the differences between mild, moderate, severe, and critical cases?

When you say mild category, patients just experience mild symptoms like cough, colds, some fever but breathing is not compromised and there is no evidence of pneumonia on x-ray. In the moderate category, patients have pneumonia on x-ray and must be hospitalized to be monitored for sudden worsening progression of the disease.

However, if you are over 60, have underlying medical conditions, or obese, and tests positive for COVID-19, you will have a greater chance to develop severe coronavirus symptoms. Severe COVID-19 is classified as follows: A patient under this classification has very low level of oxygen or chronic diseases that cannot be controlled. Just like in moderate cases, infected persons need to be confined in a hospital too.

Why is this important? It's because days 7-10 is the critical period when monitoring COVID-19 patients. During this time, if someone's condition worsens, they will be consequently placed under the last category: the critical case. The COVID-19 death rate for healthy people is less than 1%, while the overall death rate is less than 2%. Senior citizens have a death rate of 10%. If someone has severe COVID-19 and intubated, the death rate rises to more than 40%.

### How do you treat patients with COVID-19?

For mild cases, patients just need to self-quarantine at home if they are able to. If you're a moderate COVID-19 patient, we'll have you admitted in a hospital, where you'll undergo a lot of tests to monitor your condition. If you have severe COVID-19 symptoms, you'll be automatically confined in the intensive care unit (ICU), where you'll be monitored extensively. We also offer experimental drugs for compassionate use since there's no known cure for this condition yet.

### What are the different kinds of tests used to detect the virus?

The standard test for detecting COVID-19 is called RT-PCR test. Ideally, you'll be swabbed in the nose and the throat, you put the samples in a machine that copies the virus for 30, 40 cycles. If the sample goes past 30 cycles of amplification, it means the patient doesn't have an infection. Otherwise, the patient is most likely infected.

The next one is the antigen swab test. It's a kind of test where a sample will be taken from the nose. This test is promising, but it doesn't amplify the virus, making it less sensitive than the RT-PCR test and not useful for patients with no or mild symptoms only. According to our guidelines, if your antigen swab test is negative and you are still showing COVID-19 symptoms, you need to undergo a RT-PCR test.

The third one is the Rapid Antibody Test (RAT). Most doctors discourage the public from using it because it only tests antibodies. What does that mean? For example, if you have COVID-19, your body will form a defense against the virus only after 2-3 weeks in the form of antibodies. And that's what the test detects: the antibodies that your body makes, not the virus itself. The problem with this is your body makes the antibodies 2-3 weeks after your infection. Thus, it's very unreliable.

### What should I do if I feel like I'm infected?

First, you have to stay at home. Schedule a teleconsultation with a doctor using an app. But if you feel really sick or weak, go immediately to the emergency room because anyone who shows COVID-19 symptoms are not allowed to go to clinics. After talking to the doctor and undergoing some tests, stay at home, drink lots of water, get lots of sunlight, and make sure your room is well-ventilated because you need fresh air. Normally, we also give vitamins, especially vitamin D which is great for preventing cough and colds. You also have to exercise because studies show that having a strong body and lungs significantly reduces one's COVID-19 mortality rate. If your lungs are healthy, you can survive the infection. So having a healthy lifestyle is more important than ever.

### Which vaccines would you recommend taking?

I think the vaccines that are most effective are those manufactured by Moderna and Pfizer because theirs have a very good efficacy rate. I think they have a 95% chance to prevent severe COVID-19. Astra-Zeneca has a 85% chance of preventing severe COVID-19 and 60% for moderate COVID-19. Johnson&Johnson has more or less around the same rate: 85% for severe COVID-19. They say that Sinovac has a 100% efficacy rate against severe COVID-19. Sinovac is 65% to 91% effective versus mild disease in general population, specific data on healthcare workers 50.4% effective against at least mild disease, 78% against at least moderate disease, and 100% versus severe disease. Novavax is really good, but we're not done yet with the safety inspections. Personally, I would suggest taking vaccines from Moderna, Pfizer, Johnson&Johnson, and Astra-Zeneca. The safest vaccines available are the best vaccines for me.

I would like to add that before deciding on a vaccine, discuss it with a doctor, because data on these vaccines are updated all the time.

### How do we prevent ourselves from getting infected?

There are certain things you need to remember. It's scary to go out because of the imposed lockdown and the different variants of COVID-19 that appeared in different parts of the world such as the UK, Brazilian, and South African variants. But if you do, I would not recommend eating inside an establishment or restaurant, like an air-conditioned room, because it is one of the places with the highest rates of contamination. Why? It's because the air conditioner circulates the air around the establishment.

Number two, you need to get a good mask. How do you know if your mask is good? Make sure that it can filter. It's actually useless if it leaves so many gaps on the face. Personally, I wear KF94 mask from South Korea. It's like a N95 mask, but it's very comfortable. You can also use a medical surgical mask as long as it fits and leaves no gaps on the face. If it does, you need to tighten it. Remember, a good-fitting mask is better than one with good filtration rate. Washable and cloth masks will do as long as they fit on your face.

Number three, you also have to use a face shield. It blocks 95% of the aerosols from someone coughing beside you which is great. However, you also need to wear a mask in order to protect yourself from getting infected.

Number four, take good care of your body. Drink your daily dose of multivitamins and lots of water. You also need to exercise to strengthen your lungs as it is essential for surviving COVID-19.

Number five, you should also take your flu vaccine. It may not prevent COVID-19, but it will help you fight its complications should you get infected.

And most importantly, always assume that the people next to you is infected. Do not ever let your guard down, even when you're with your family. You see, most of the frontliners got COVID-19 from their loved ones, not in the hospitals.

### Is It True That Chloroquine Cures COVID-19?

Last year, a lot of people like former US President Donald Trump were saying that chloroquine could help against COVID-19. Of course, the medical community were thrilled to hear this so we did a lot of studies, randomized control trials, and all that, but they didn't show any good effect. If people are still using chloroquine, please don't because it causes heart problems and color blindness. We only use it against malaria. So I just want to emphasize that chloroquine is not for COVID-19. There's no cure for it yet, but we're still working very hard to find drugs that will do so.

### Dr. Kathleen Modina

Dr. Kathleen Ann Modina is a Filipino-Japanese emergency medicine specialist and a certified American Heart Association Basic Life Support (BLS) and Advanced Cardiovascular Life Support (ACLS) instructor with over a decade of experience in the field of medicine. She also do consultations in Japanese, which is particular handy to those speaking the language here in the Philippines. As of the moment, she's been working as a frontliner in the emergency outpatient department of a tertiary hospital in Makati, where she's been treating countless COVID-19 patients since the onset of the pandemic.



# THINGS TO DO WHEN YOU VISIT A HOSPITAL

If you're not feeling well, or simply having anxiety attacks over something, visiting a hospital is the best way to ease your worries. But what should you do if you would do this for the first time? This April, the Philippine Primer helps you deal with your unanswered questions when visiting a medical institution. Here are a few things you can take note of which will prepare you before, during, and after the visit.



## BEFORE

The first step is always the hardest. However, being prepared makes a lot of difference. So whenever you visit a hospital, we suggest you do these things **FIRST**.

- **First of all, assess yourself.** Assess what you feel, whether you feel any discomfort or pain. Decide whether you need assistance or not when you go to the hospital.
- **Second, prepare the necessary documents.** You are required to bring a valid identification card such as government IDs (passports, SSS ID, etc).
- **Third, inform your Health Maintenance Organization (HMO) and/or Insurance company.** If you have an HMO card and/or insurance (travel or health), inform their representatives in advance. This will help them check the hospital you're visiting and verify if you're covered or not.
- **Lastly,** choose whether you want a scheduled or walk-in consultation.

## DURING

There is a rule of thumb that many hospitals follow: If the patient can manage the pain, they will have a regular consultation. However, if they are experiencing unbearable pain and in need of immediate medical attention, they will be admitted directly to the emergency room (ER). Do take note that everything depends on the patient's condition and the hospital's policies.

In a normal scenario, you'll have a consultation with a physician who will assess your condition. They will review your medical history based on the information you gave them. After that, they will determine whether you'll be categorized as an inpatient or outpatient.

Inpatients are those admitted to the hospital and required to stay overnight (or longer) for further observation. On the other hand, outpatients are not required to stay and can be sent home.

## AFTER

After the consultation, you'll be categorized either as an inpatient or outpatient. If you were to be categorized as an inpatient, you'd be admitted to the hospital where you'd be observed during your stay. Further tests may be needed, and in some cases, specialists will be involved to assess your condition. Meanwhile, outpatients can be sent home right away after consulting the doctor.

For inpatients, medical bills will be presented upon discharge. Please note that this depends on the hospital's policies. That's why it's very important to inform your medical service provider like HMO and/or insurance companies about your situation ahead of time. This will save you time and money in the long run. Each hospital has its own affiliated HMOs. If you forgot to remind them, the hospitals will ask you if you're insured or have an HMO card upon admission.

For outpatients, medical bills must be settled on the same day. Aside from this, documents such as test results will be given as well. Records such as medical certificates can be requested. You can verify this at the admission office.

## COVID-19 TESTING PROCESS IN MAKATI MEDICAL CENTER

Makati Medical Center is one of the most trusted hospitals in Metro Manila. They provide world-class health care services that you can always rely on, especially when it comes to COVID-19 testing.

### BEFORE THE TESTING

- If the patient has COVID-19 **symptoms** (or assumed to be positive), there is a designated area (Dela Rosa Drive) where they should enter the emergency room.
- If the patient has **no COVID-19 symptoms**, but would like to get tested anyway, they should proceed to the Convergence Swabbing area. Regular testing is available from Monday to Saturday, 8:00 am to 5:00 pm
- If you have an insurance provider, please bring the LOA or the letter of agreement.

### TYPES OF TESTING

At the Makati Medical Center, they offer three types of COVID-19 test.

- Molecular test (aka RNA or PCR test) which costs P5,000 | 48 hours result
- Antigen test (rapid test) - P2,500 | 3 hours result
- Antibody test (aka serology test or blood test) - P1800 | 12 to 24 hours result

### DURING THE TEST

Since COVID-19 test will take at least 3 hours, patients are usually sent home.

If the patient tested **positive**, they will be informed through call and email.

- They are advised to self-quarantine at home (for 14 days).
- If they would like to be admitted to the hospital, they may do so. However, it's subject to their room availability.
- COVID-19 patients are quarantined in a different section, so they have limited rooms.
- If admitted to the hospital, paperwork will be processed after the 14-day quarantine period.
- This is subject to the patient's condition and doctor assessment.
- If you were to self-quarantine at home, you'd be requested to self-isolate and always talk to your doctor.

### AFTER THE QUARANTINE PERIOD

- After the quarantine period, patients will be advised to take the test again, though it is not mandatory.
- Lastly, consult with your doctor for further instructions.

They also offer **Home Service COVID-19 testing**. The home service costs P650 and transportation fee will be shouldered by the patient. For further information, you may call Makati Medical Center.

## COVID-19 TESTING PROCESS IN ST. LUKES BGC

St. Lukes (BGC) is one of the famous hospitals for the affluent. Utilizing the latest technologies and their world-class facilities, they will provide you the best care you deserve. Here are some tips if you'd like to avail their COVID-19 testing services.

### TESTING OPTIONS

- Those who want to avail any COVID-19 related tests must go directly to the EMERGENCY ROOM.
- You can schedule an appointment for COVID-19 testing via phone call or online.
- Drive-thru PCR test is only available by appointment. They require you to book two days before your test and it's available from 7:00 am to 4:00 pm only.

### DURING THE TEST

If you're **positive**:

- You can self-quarantine at home or to be admitted at hospital.
- During the quarantine period, always keep in touch with your doctor. If you decide to self-quarantine at home, teleconsultation is highly recommended.

### AFTER THE QUARANTINE PERIOD

- After the quarantine period, patients will be advised to take the test again, though it is not mandatory.
- Lastly, consult with your doctor for further instructions.

# COVID-19 Prevention Tips:

Protect yourself and other people from COVID-19. Stay safe by taking some simple precautions, such as physical distancing, wearing a face mask and face shield, avoiding crowds, and cleaning your hands using rubbing alcohol. Always keep yourself updated on news about the virus where you live and work.



## Do it all! Things to remember when wearing a mask:

- It is an absolute no-no to wear a mask with your nose sticking out because it's hot or it makes you uncomfortable.
- You can only remove it when you're eating or drinking.
- Don't remove it as much as possible. When doing so, remove the elastic cords from your ears while holding the mask itself.
- Do not touch it unless needed.



## Is it ineffective in a particular situation?

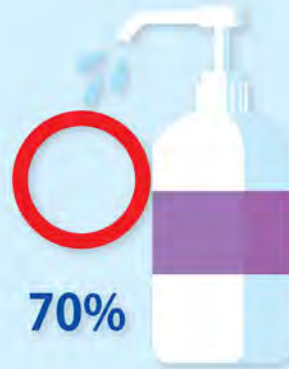
### Let's discuss the importance of wearing a face shield.

Recently, aside from masks, wearing face shields became mandatory when going out in public. What are the benefits of using face shields? When someone next to you sneezes or coughs, they unintentionally release and spread particles and viruses in the form of droplets. In a way, a face shield acts as a protective barrier against these harmful droplets. But you shouldn't let your guard down just because you think you're safe, especially in an air-conditioned restaurant or shop where the coronavirus can pass through the gaps in your face mask. So you shouldn't stay in any establishment for a long time.



## Pointers when choosing a mask:

- If a mask is too large or doesn't fit perfectly, don't use it.
- When you wear a mask, make sure it covers your entire face, especially your nose or cheeks without leaving any gap.
- Use a mask without any valve as it's not good at filtering out pathogens and viruses.



## Is it counterproductive to use rubbing alcohol with high concentrations?

Rubbing alcohol is sold in various concentrations. Even though people may think the higher concentration is more effective, experts say 70% is actually better for disinfecting: It has more water, which helps it kill bacteria and germs more efficiently. Remember, stronger isn't always better when it comes to alcohol.

## Vitamin D is effective in preventing and reducing the risk of developing serious illnesses

Vitamin D is gaining popularity, it helps prevent and reduces the chance of developing serious diseases such as the coronavirus. Vitamin D deficiency is highly correlated with acute respiratory distress syndrome (ARDS), the leading cause of death of COVID-19 patients. Dr. Modina also recommends taking it alongside your daily dose of vitamins. Fatty food such as egg yolks, cod liver oil, and salmon as well as sunlight are excellent sources of this much-needed vitamin.



## Dr. Modina recommended using these items actually used by doctors! Recommended items:

### Korean-made mask

The KF94 mask is a disposable face mask commonly used in South Korea. It fits firmly over the nose and mouth, which blocks 94% of viral particles and airborne pathogens from entering the body, thanks to its protective filter. Due to its effectiveness, it has started to gain popularity in Japan. You can buy it locally on Lazada for P150 per mask. It is expensive, but the protection it provides has been proven effective by Dr. Modina.



### Ear guard

An item made from soft silicone that reduces ear discomfort caused by using a mask for a long time. To wear, loop the elastic band around one button, place it around your head, then secure the second elastic band around the other button.



# RT-PCR COVID-19 TESTING EXPERIENCE



With the ongoing fight against COVID-19, many of us are still wondering how we get tested for the virus. Currently, there are three ways to detect it, of which the most recommended is the reverse transcription-polymerase chain reaction or RT-PCR test. For this issue, one of our staff took this test. We're sharing everything he experienced, from the procedures and requirements, down to the test results, hoping it will answer your questions on how to avail one here in the Philippines.

**Day 1 3:20 pm**

## Online Booking

① **First, choose an accredited COVID-19 testing center from the Department of Health (DOH)'s testing center list.**

DOH has the complete list of approved testing centers with their respective contact information such as phone numbers and addresses. The Philippine Primer chose to make a reservation at Safeguard DNA Diagnostic, Inc. Makati Taguig.

② **Make a reservation and fill up the registration form on the inspection center's official Facebook page.**

The testing center has a Google form used for registration on their Facebook page. It requires you to submit basic information such as name, date of birth, phone, email address, etc. The money paid for varies depending on the urgency of the result. If you want to get your result in 2-4 days (excluding Sundays), you have to pay P3,000; if you want it within 48 hours, it's P3,500; within 24 hours, it's P5,000. Ten minutes upon registration, we received a confirmation email on our registered email address.

③ **Prepare the documents.**

The necessary documents are attached to the reservation completion email, just print and fill them out. Also, have your government-issued ID (passport, SSS ID, etc) ready. (When our staff took the test, reservations were required, but currently walk-ins are allowed as long as they bring all the necessary documents needed.)

**Day 2 1:15 pm**

## Taking The RT-PCR Test

① **Go to the inspection center**

Although it was a drive-through inspection, a tent for testing was set up in a large outdoor space. Rest be assured that there are no people loitering around the site, that it is conducted in an open space.

② **Payment**

We chose to get the result within 48 hours (P3,500). You can pay cash or via bank transfer when you register.

③ **Submission of documents and ID**

Prepare your documents and a government-issued ID for verification purposes.

④ **The RT-PCR Test**

After swabbing your nose and throat to get samples, you may leave the testing center.



**Day 4 9:15 am**

## Examination of test results

You will receive the test result within 48 hours on your email address.



Department of Health inspected Covid test facilities

# QUARANTINE HOTELS IN THE PHILIPPINES

After a year of hiatus due to the pandemic, the Department of Health (DOH) and the Department of Tourism (DOT) with the help of the Inter-Agency Task Force on COVID-19 implemented a program for passengers arriving in the Philippines to be quarantined and be tested.

This program will help local and foreign tourists and especially our Overseas Filipino Workers (OFW) to be accommodated properly based on health and safety protocol upon their arrival. Here are some DOH-approved hotels used for mandatory and stringent quarantine that you can use as a guide for future references.



Department of Health inspected quarantine hotel list (as of March 4, 2021)



Outside Food Delivery

### Networld Hotel

📍 Jipang Building Roxas Blvd. cor. Sen. Gil Puyat Ave. Pasay City  
📞 02-8536-7777  
🌐 www.jipang-group.com/network-hotel  
📱 @networldhotelspaandcasino  
🍴 Yes



### New World Hotel Makati

📍 Esperanza Street corner Makati Avenue, Ayala Center, Makati City  
📞 02-8811-6888  
🌐 www.manila.newworldhotels.com  
📱 @NewWorldMakatiHotel  
🍴 No



### Dusit Hotel- Makati

📍 Ayala Centre, 1223 Makati City Metro Manila  
📞 02-7238-8888  
🌐 www.dusit.com/dusitthani-manila  
📱 @dusitthanimanila  
🍴 No



### Discovery Primea Hotel, Makati

📍 6749 Ayala Ave Makati 1226 Metro Manila  
📞 02-7955-8888  
🌐 www.discoveryprimea.com  
📱 @DiscoveryPrimeaMakati  
🍴 Yes



### Ascott BGC

📍 5th Avenue Corner 28th Street, Bonifacio Global City, Taguig City 1634 Philippines  
📞 02-8860-9888  
🌐 www.the-ascott.com  
📱 @discoverasr  
🍴 No



### City Garden Grand Hotel - Makati

📍 8008 Makati Ave & Kalayaan Ave., Makati  
📞 02-8888-8181  
🌐 www.citygardengrandhotel.com  
📱 @CityGardenGrandHotel  
🍴 Yes



### Ascott Makati

📍 Glorietta 4, Ayala Center, Makati City  
📞 02-7729-8888  
🌐 www.the-ascott.com  
📱 @discoverasr  
🍴 Yes



### Alpha Suites, Makati

📍 7232 Ayala Avenue Extension 1209, Makati City  
📞 02-8737-0088  
🌐 www.thealphasuites.com  
📱 @TheAlphaSuites  
🍴 Yes



### IM Hotel Makati

📍 7862 Makati Ave. Makati  
📞 02-7755-7888  
🌐 www.imhotel.com  
📱 @imhotelp  
🍴 Yes





# LIST OF HOSPITALS, CLINICS, AND MEDICAL INSTITUTIONS

Health is one of the most important aspects of life that is often taken for granted by lots of people. Despite the well-known phrase "health is wealth," many of us still have a hard time understanding this until our life is at risk.

In this special issue, we've curated a list of hospitals and clinics that will help you with your medical needs and serve as a guide for future reference. These medical institutions give quality medical support and care to their patients, assuring that they will live to see another day.



## Makati Medical Center

△ 2 Amorsolo Street, Legazpi Village, Makati, 1229 Metro Manila  
 ☎ 02-8888-8999  
 🌐 www.makatimed.net.ph  
 ⌚ Open 24 hours  
 ✉ mmc@makatimed.net.ph  
 📧 @IamMakatiMed  
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 🌐 www.asianbreastcenter.com  
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 ✉ ask.abc@asianbreastcenter.com  
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 ✉ appointment@fortmed.org  
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 9:00 am to 1:00 pm (Sat)  
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 ✉ customer\_service@healthway.com.ph  
 📧 @HealthwayPhilippines  
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 ⌚ (Monday to Saturday, Sunday closed)  
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 ✉ admin@medicoglobal.net  
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 ✉ contact.us@qualimed.com.ph  
 📧 @QualiMedPH  
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 🌐 www.asianhospital.com  
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 ✉ info@asianhospital.com  
 📧 @AsianHospitalPH  
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## Medical Center Taguig Inc.

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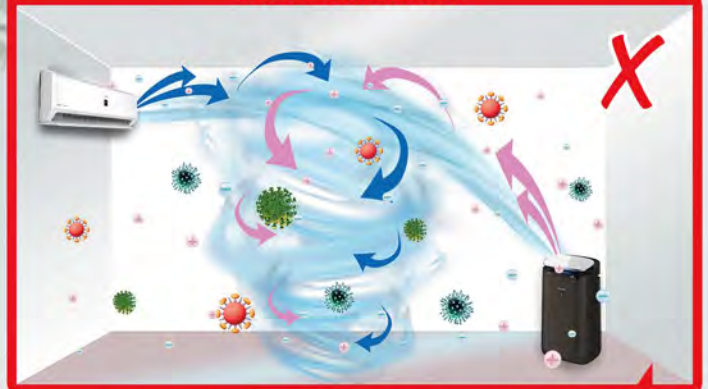
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