



DIKSYUNARYONG PAMBATA

**PAANO NALALAMAN
KUNG MAY
COVID-19 ANG
ISANG TAO?**

Upang makita ang mga salita sa Filipino Sign Language (FSL):
<https://bit.ly/fslcovid19process>

Abril 2020

MGA SANGGUNIAN:

MGA SANGGUNIANG:
Department of Health
National Center for Biotechnology Information
Philippine Genome Center. Salin sa Filipino ng mga Termino sa Kaugnay ng COVID-19
World Health Organization



UP COLLEGE OF EDUCATION

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Photo compilation of #TatagUP Knowledge Creation

Knowledge Creation

Since COVID-19 is a relatively new enemy the world is facing, proper information is the main weapon that can be used to overcome it.

Through knowledge creation initiatives of UP Diliman (UPD) units, various sectors were assisted in understanding the virus, coping with the stresses brought by the pandemic and adjusting to the changes brought by the “new normal” and after the pandemic.

UNDERSTANDING IT. The faculty members and student council of the College of Arts and Letters (CAL) and the College of Fine Arts (CFA) created an infographic of Filipino-translated terms related to COVID-19, “Terminolohiya Kaugnay ng COVID-19,” to help the public better understand this new disease. It has been shared at least 1,600 times on Facebook (FB).

A collaboration between a CAL professor and Google, “Isang Gabay sa mga Salitang Kaugnay ng COVID-19” (<https://diksyonaryongcovid19.com/>) is both a list of scientific and medical terms and “new vocabulary that pertains to changes in business, education and new way of life.”

“Knowing the enemy is winning half the battle.”

The School of Economics (SE) Student Council posted infographics on precautionary tips and information on COVID-19, and the pandemic's negative impacts to the country's economy.

Experts from the UPD College of Science and College of Engineering combined ground-, satellite- and modeling-based approaches to visualize the extent of changes in air quality before the ECQ and while on lockdown. The FB post had been shared 185 times.

Faculty and students from the Institute of Mathematics and the National Institute of Physics used numbers and mathematical models to flatten the curve by tracking how COVID-19 is spread.

School of Statistics professors provided relevant monitoring statistics on the pandemic such as outbreak threshold statistics, R_t and the epidemic curves, and the daily book of statistics with national, regional, provincial and city/municipal levels of aggregation.

The College of Education (CED) created “Children’s Dictionary on COVID-19” to further understand the virus and the ongoing pandemic. It was posted in CED’s FB page on Apr. 3 (bit.ly/3bqp4Zz). It was shared 1,675 times for the English version, 564 times for the Filipino

Tteokbokki
(Sweet and Spicy Korean Rice Cake with Vegetables)

Fave snack of
Dr. Kim Junwan and
Dr. Ahn Jeongwon of
Yulje Medical Center
-From Hospital Playlist Karama

Ingredients

- Tteok (rice cake) and Eomuk (fish cake) are both rich in Carbohydrates which is a major energy source as well as Protein which aids in tissue maintenance and repair.
- 2 medium carrots chopped
- 1 small cabbage chopped
- 5 short green onion stalks chopped
- 300g Tteok (Korean rice cake) chopped thinly for faster cooking
- 3 pc Eomuk (Korean fish cake) chopped into small squares
- 300 g luncheon meat and/or sausages/hotdogs, chopped

Procedure

In a casserole dish, under medium high heat, sauté garlic and onion until fragrant and add 1 cup of water, carrots, and cabbage. Stir occasionally and let the vegetables cook for about 5-10 minutes.

Open 1 pack (or 2 packs) of Tteokbokki sauce and pour in the casserole.

Add Tteok (rice cakes) and let this cook for about 5 minutes while stirring occasionally.

Add Eomuk (Korean fish cakes), luncheon meat and/or sausages/hotdogs, and green onions. Stir occasionally and let this cook for 5-10 minutes more then turn off the heat.

40 mins.
PHP 140.00
4 servings!

From the Kitchen of Ma'am Annie

Designed by: Bless Lorraine T. Desabelle

TOURISM

IN THE TIME OF COVID-19

UP AIT CONDUCTED A VIRTUAL ROUNDTABLE DISCUSSION WITH MICRO, SMALL AND MEDIUM TRAVEL AGENTS AND TOUR OPERATORS ABOUT THE ECQ AND COVID-19

SIPA-in COVID
A UNIVERSITY OF THE PHILIPPINES
COLLEGE OF HUMAN KINETICS INITIATIVE



SITTING IS THE NEW SMOKING
PROLONGED SITTING KILLS!



FIGHTING DISEASE THROUGH
PREVENTION BY STAYING ACTIVE!



SHORT INTENSE PHYSICAL ACTIVITY
EVERY HOUR, ALL DAY.

"GALAW GALAW PARA HUWAG PUMANAW"
-Department of Health

Credits: UP College of Fine Arts Student Council, UP College of Education, What's in your Kitchen, Asian Institute of Tourism and SIPA-in COVID, UP College of Human Kinetics

and English version, and the most recent Binisaya version was shared four times. Words from the Children's Dictionary on COVID-19 were translated by CODA (Children Of Deaf Adults) and were posted on CED's YouTube Channel on Apr. 4. Its FB post was shared 234 times with the video garnering 1,412 views.

Information dissemination materials on COVID-19 were translated into 71 Philippine languages, dialects and sociolects (a dialect by a social class) by LanguageWarriorsPH, an initiative of the Department of Linguistics. The materials can be accessed through <https://bit.ly/3aG1g4D>. The FB post in the Department's FB page was shared 154 times while the post in the Language Warriors PH FB page was shared 252 times. Its online forum was viewed more than 2,900 times through the Department's YouTube channel. The sources of the materials were also mapped in coordination with the Department of Geography and was launched on Sept. 20.

UP Population Institute researchers published research briefs on the possible effects of the pandemic on the Philippine population. The first was released on Mar. 26 and was shared more than 180 times.

The Department of Geography launched on its FB page "#COVID19 Spatial Coverage: Sa panahon ng COVID-19" on Mar. 31. It was among others a campaign to gather information and data on COVID-19, and it had been shared 35 times.

The College of Human Kinetics (CHK) made "SIPA-in COVID," infographics on the recommended daily physical work-outs and physical activity for all ages. SIPA (incidental physical activity) is a 4 to 5-minute exercise routine to be done every two hours. The FB posts had been shared 2,252 times.

Discussion papers were presented by SE professors through the Philippine Center for Economic Development. The FB posts on the papers "Surviving the Lockdown and Beyond," "How funds can be raised for COVID-19 responses," and "A Sectoral View of Lifting the Lockdown and the Use of Sample-based Random Testing" was shared 564 times, 761 times and 368 times, respectively.

The School of Labor and Industrial Relations (SOLAIR) had announcements and postings on their social media accounts and DZUP program "SOLAIR on AIR" on labor-related concerns like updates on

travel and deployment ban, precautionary measures to follow, and Department of Labor and Employment advisories on hazard pay, adjustment measures program (e.g. work from home arrangements) and use of leave of absence, among others. The SOLAIR faculty also shared their expertise on employment and human resources-related concerns through their Online Labor Consultation (OLaC) or webinars.

National College of Public Administration and Governance (NCPAG) Prof. Noriel Christopher Tigla, who is a civil engineer by profession, developed an NCR Quarantine Checkpoint Map which was linked to Google Traffic Map on Mar. 15 and uploaded in SafeTravelPH, an initiative of UPD, UP Resilience Institute and NCPAG. The FB page of SafeTravelPH has 237 followers.

NCPAG's Center for Local and Regional Governance (CLRG) held a webinar series and posted in its FB page policy briefs and discussion papers which was shared for a total of 314 times.

The Department of Clothing, Textiles and Interior Design (CTID) of the College of Home Economics (CHE) produced "Safe and Healthy Home Interior Spaces for the Body, Mind and Soul during the COVID-19 pandemic," a guide on how to manage interior spaces. The guide was posted in CTID's FB page on Apr. 15 and was shared 305 times.

The CHE - Department of Food Science and Nutrition (DFSN) also produced infographics on the best practices of sourcing safe and quality food, "Farm to Fork: Ensuring food safety during the COVID-19 pandemic from source to consumption." Based on the Food Safety Brief of the Philippine Safety Risk Profiling Project, the initiative was in partnership with the Philippine Association of Food Technologists-Alpha and the Philippine Association of Nutrition-Alpha Chapter.

CHE-DFSN launched an official online consultation page of its Nutrition Section, "Padayon ND," on Apr. 4 via the Department's FB page. "Padayon ND" FB page also has posts on food handling and several sets of recipes. The seven posts on food handling were shared for a total of 1,517 times while the four sets of recipes were shared for a total of 3,249 times.

To help families with young children cope with the different forms of quarantines, the UP Child Development Center (CDC) recommended activities and references in English, Tagalog, Surigaonon and other languages/dialects. The CDC also has an audiobook, "Five O'Clock: A Story about Family in the

Time of COVID-19," posted in the Department's FB page and was shared 71 times.

Produced by the CHE-Department of Home Economics Education and the CHE-Department of Hotel, Restaurant and Institution Management, the FB page "What's in Your Kitchen?" (<https://www.facebook.com/WhatsinyourKitchen>) contains recipes with ingredients most people can find in their pantry, refrigerator, backyard garden or food relief packs. The 51 recipes were shared for a total of 238 times. The departments also welcome contributions or suggestions from the general public.

The CHE-based student organization Family Life and Child Development Circle produced at least 40 infographics on home activities for children and adults to continue learning even while in quarantine and were posted in their FB page, <https://www.facebook.com>.

Top: Safe and Healthy Home Interior Spaces by UP CTID

Bottom: Five O'Clock: A Story about Family in the Time of COVID-19 by UP CDC



com/FamilyLifeAndChildDevelopmentCircle/.

To address the country's need for increased testing capacity, a 2-part online lecture series, "UP TRAINS Projects (UP TRAINS)," was designed by experts from the National Institutes of Health in UP Manila and the National Institute of Molecular Biology and Biotechnology in UPD in collaboration with the Philippine Genome Center in UPD, Visayas and Mindanao. UP TRAINS is a training assistance program that seeks to augment the number of laboratories capable of performing RT-PCR based testing for COVID-19.

CED produced "Beat COVID-19" and "An Alphabet Guide on Staying Sane While on Quarantine." The former infographic is to assist the public, especially the children, better understand the pandemic, how to cope and how to prevent its spread. The latter used the letters of the alphabet on suggestions on how to stay

sane during the quarantine. The two infographics were shared for a total of 137 times.

CED also posted an AVP, "Bend but Don't Break: Stay Holistically Well While on Quarantine," a 2-minute, 30-second video presentation, on its Facebook page on Apr. 1 (bit.ly/fbupcedholisticallywell). It had been shared for 214 times.

The podcast "Socio Speaks: Unmasking Society's Virulent Strains" was aired by the Department of Sociology on Apr. 6 to "sociologically analyze various coping strategies with the COVID-19 pandemic".

To help "create an inclusive UP learning for all," the UPD Psychosocial Services (PsycServ) came out with the 15-minute survey TIE UP (Total Inclusive Environment in UP). The project aims to do research and identify the needs of students with disabilities and special needs. PsycServ said the survey results will help them refine existing UPD services and develop additional programs in the University.

ADJUSTING TO IT. UPD units also prepared for post-pandemic situations.

The Asian Institute of Tourism (AIT) launched on Apr. 7 its project "Tourism LEAP" (Lives and the Economy for Collective Action Program), which gathers and documents information from tourism MSMEs and tourism officers to create recovery solutions for the industry. In July and August, it had its first Crisis Management Course attended by eight local government units from the provinces of Pangasinan and Quezon.

SE professors and its Student Council, together with other partner institutions, also presented papers and hosted webinars on "roles of multilateral institutions for loans and development assistance in the Post-COVID-19 economic recovery" and "how sustainable capitalism can drive the COVID-19 recovery while addressing climate change."

Center for Local and Regional Governance conducted a webinar on "Preparing and Financing LGU COVID-19 Recovery Plans" on Jun. 25 through its YouTube channel. The FB announcement was shared 59 times while the webinar had 678 YouTube views.

Though some of the initiatives may be solely categorized in one sector and other in two or more, these initiatives are all interrelated. UPD units maximized all media forms so that more people can be reached and assisted.

TIE-UP by UPD PsycServ

A promotional poster for the TIE UP survey. It features a logo with a stylized person inside a circle, the text 'UPD PSYCSERV', and an illustration of two hands shaking. The main title 'TIE UP' is in large, bold, brown letters, with 'TOTAL INCLUSIVE ENVIRONMENT IN UP' in smaller green letters below it. A yellow banner at the bottom contains the text 'JOIN US AND TAKE THE TIE UP SURVEY!' in bold brown letters. Below the banner, there is a list of bullet points in green text. The background is a light beige color with a subtle pattern of yellow and brown shapes.

UPD PSYCSERV

TIE UP
TOTAL INCLUSIVE
ENVIRONMENT IN UP

WE CARE ABOUT OUR COMMUNITY

**JOIN US AND
TAKE THE
TIE UP SURVEY!**

- Open to all UP Diliman students, faculty, and staff
- 15 minutes to answer
- Link to survey: tinyurl.com/tieup2020

UPD PsycServ