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No. 3620, October 1, 2015

GUEST OF HONOR AND SPEAKER



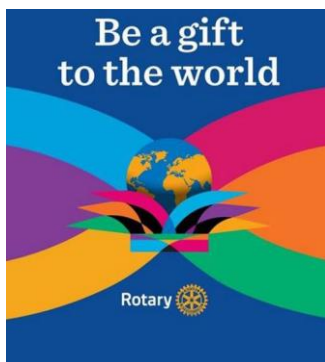
HON. ANTONIO T. CARPIO

Senior Associate Justice
Supreme Court of the Philippines



KABALITA

It is but fitting and proper that the foremost *Iskolar ng Bayan* magistrate from the highest court of the land explains what national sovereignty is all about and the importance of protecting what is ours from foreign aggressors as he brings the controversial waves of the West Philippine Sea to Asia's First Rotary Club.



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October 1, 2015, Thursday, 12N,
Manila Polo Club McKinley Room

THE ROTARY CLUB OF MANILA
BOARD OF DIRECTORS and
Executive Officers 2015-2016

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JIMMY CABASE
COEN EVERTS
Deputy Sergeant-At-Arms

OIC/Moderator : Dir. Amading Valdez

P R O G R A M T I M E T A B L E

11:30 PM	Registration & Cocktails	
12:25 PM	Bell to be Rung: Members and Guests are requested to be seated	Dir. Amading Valdez OIC/Moderator
12:30 PM	Call to Order Singing of Republic of the Philippines National Anthem	Pres. Ebot Tan RCM WF Music Chorale
	Invocation	Rtn. Citos Manalaysay
	-RCM Hymn	RCM WF Music Chorale
	-The 4-Way Test Credo	Rtn. Ave Cruz
12:40 PM	Introduction of - -Guests and Visiting Rotarians -Personalities seated at the Head Table Welcome Song	Rtn. Cris Acosta RCM WF Music Chorale
12:45 PM	Maligayang Bati (Weekly RCM Birthday Celebrants) : Oct. 3....PP Benny Laguesma, Rtn. Bodo Goerlich; Oct. 4....PP Francis Juico; Oct. 5....PS Butch Marking Happy Birthday Song	RCM WF Music Chorale
12:50 PM	President's Time	Pres. Ebot Tan
12:55 PM	Introduction of Guest of Honor & Speaker	PP Archit Bartolome
1:00 PM	Address : Public Forum	Honorable Antonio T. Carpio Senior Associate Justice Supreme Court of the Philippines
	Response and presentation of token of appreciation to Sr. Assoc. Justice Antonio R. Carpio	Pres. Ebot Tan
2:00 PM	Adjournment	

PRESIDENT'S CORNER



Dear Fellow Manila Rotarians,

During our general membership luncheon meeting last week, the Hon. Francis Joseph "Chiz" G. Escudero, Senator of the Republic of the Philippines, gave us a first hand glimpse into his personal advocacies and his position on several burning issues of the day in a bid to win our nod in the coming national elections, where he has set his sights on the second highest office in the land. Without batting an eyelash, Senator Chiz gamely answered each and every question thrown at him in the most forthright and direct manner. It was easy to see why and how he easily won the "Heart" of every Filipino.

On news within our Club, we have some good news to share with you. Last Monday, 28 September 2015, the Department of Social Welfare and Development (the "DSWD") formally issued and presented a Certificate of Registration to the RC Manila Foundation, Inc. ("RCMFI") during ceremonies conducted at the DSWD's NCR offices, which I attended together with PE/VP Teddy Ocampo, Dir. Issam Eldebs, and Club Secretary George Salazar. This will now allow RCMFI to formally apply with the *Philippine Council for NGO Certification (the "PCNC")* for accreditation in order to enable donors to RCMFI to claim as deduction from their income the amounts they may donate to RCMFI. Later today, 1 October 2015, our Club will be holding its First Fellowship Party for Rotary Year 2015-2016 at the Salvatore Roof Top, Low Rise, Pacific Star Building, along Sen. Gil J. Puyat Avenue in Makati City, co-hosted by PD Pepo Nuñez and Rtn. Hermie Esguerra. All Manila Rotarians are invited to come in smart casual attire. The party promises to be a night of fun, friendship, camaraderie, and entertainment galore - with singing and dancing, amid good food and bountiful drinks. So please don't miss this event.

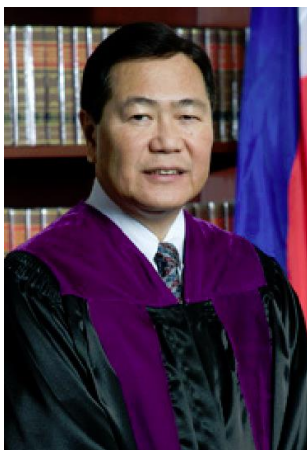
On news from around the District, last 24 September 2015, DG/PP Obet Pagdanganan, CoS/PP Rudy Bediones, and I attended the 2nd Induction Ceremonies of the Rotary Club of Maharlika Manila at the Manila Yacht Club along Roxas Boulevard in Manila, where WCP Maria Socorro "Maricor" M. Malitao was inducted as Club President. The next day, 25 September 2015, DG/PP Obet Pagdanganan and CoS/PP Rudy Bediones attended the Induction and Handover Ceremonies of the Rotary Club of Manila Sta. Ana at the Philippine Columbian in Paco, Manila, where WCP Aldwyn Santos was inducted as Club President. The following day, 26 September 2015, DG/PP Obet Pagdanganan, CoS/PP Rudy Bediones, and CoS/PP Rudy's wife, Sharon, attended the birthday celebration of DT Rosalinda "Rose" Lim of the Rotary Club of Chinatown Manila at the Rothman Hotel in Manila. On that same day, DG/PP Obet Pagdanganan, ICoS/SDG/PP Cesar Ubaldo, AG/IPP Frank Evaristo, IDCoS/ISDG/DE/IPS Albert Alday, and PE/VP Teddy Ocampo attended the All Star Presidents (Presidents-Elect) Fellowship at the Marina Bay East Clubhouse in Parañaque City, which coincided with the birthday celebration of DGE Ernesto Yuyek and the Handover Ceremonies of the Presidents 101, where ICoS/SDG/PP Cesar Ubaldo took his oath of office as Chairman of Presidents 101 for the Rotary Year 2015-2016. Three days later, on 29 September 2015, DG/PP Obet Pagdanganan and CoS/PP Rudy Bediones attended the Joint Induction Ceremonies of the Rotary Club of Liwasang Bonifacio and the Rotary Club of Manila Remedios Circle at the Allegria Lounge of the Manila Pavilion Hotel in Manila, where WCP Elsa Chung (Liwasang Bonifacio) and WCP Jerry Velasco (Manila Remedios Circle) were inducted as Club Presidents. The following day, on 30 September 2015, DG/PP Obet Pagdanganan and CoS/PP Rudy Bediones attended the Induction Ceremonies of the Rotary Club of General Mariano Alvarez at the Viewpoint in Carmona, Cavite, where WCP Rosemarie "Rose" R. Pangan was inducted as Club President.

Today, we shall have the Hon. Antonio T. Carpio, Senior Associate Justice, Supreme Court of the Philippines, as our Guest Speaker. He will enlighten us on the facts and issues involved in the West Philippine Sea controversy and on his thoughts and insights on other matters of interest to many. Let us all listen to Justice Tony Carpio and engage him in a lively discussion.

Mabuhay ang Rotary Club of Manila

GUEST OF HONOR AND SPEAKER'S PROFILE

JUSTICE ANTONIO T. CARPIO



Born in Davao City, Philippines, Justice Antonio T. Carpio was sworn in as member of the Supreme Court on October 26, 2001. Justice Carpio obtained his law degree from the College of Law of the University of the Philippines where he graduated valedictorian and cum laude in 1975. He placed sixth in the 1975 Bar Examinations. He earned his undergraduate degree in Economics from Ateneo de Manila University in 1970.

In his student days, Justice Carpio was Chairman of the Editorial Board of the Philippine Law Journal of the U.P. College of Law. He was Editor-in-Chief of The Guidon, the school paper of Ateneo de Manila University. He also served as Managing Editor of the Philippine Collegian, the school paper of the University of the Philippines.

Fresh out of law school, Justice Carpio went into private practice and founded the Carpio Villaraza and Cruz Law firm. He was a Professorial Lecturer of the U.P. College of Law from 1983 until 1992 when he was appointed Chief Presidential Legal Counsel, Office of the President of the Philippines.

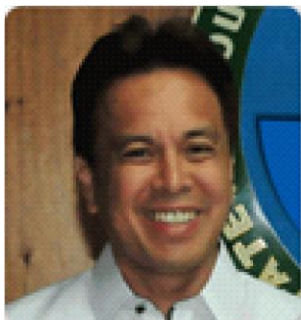
Justice Carpio was a member of the Board of Regents of the University of the Philippines from 1993 to 1998. He was a member of the Technology Transfer Board of the Department of Industry from 1978 to 1979. He served as Special Representative of the Department of Trade for textile negotiations from 1980 to 1981. He was elected President of the Integrated Bar of the Philippines, Pasay-Makati Chapter (1985-1986), Director of the U.P. Law Alumni Association (1984-1989), and Director of the Philippine Bar Association (1989-1990).

For his "distinguished and exemplary service" to the Republic, Justice Carpio was awarded in 1998 the Presidential Medal of Merit by then President Fidel Ramos. In 1991, Justice Carpio received the Outstanding Achievement Award in Law from the Ateneo de Manila Alumni Association. In 2002, he was also the recipient of the Distinguished Alumnus Award from the Ateneo de Davao Alumni Association. In 2009, he was conferred a Doctorate of Laws, honoris causa, by the Ateneo de Davao University.

Justice Carpio is the Chair of the Second Division and Chair of the Senate Electoral Tribunal.

PREVIEW OF SUCEEDING THURSDAYS' GUESTS OF HONOR & SPEAKERS

October 8, 2015, 12N, McKinley Room, Manila Polo Club



Dr. Seville D. David, Jr., Ph.D

Executive Director,
National Water Resources Board

*****Subject to confirmation**

October 15, 2015, 12N, McKinley Room, Manila Polo Club



Honorable Carlos Jericho Petilla

Secretary of the Department of Energy

Confirmed

October 22, 2015, 12N, McKinley Room, Manila Polo Club



Mr. Arthur P. Tugade

President and Chief Executive Officer, Clark Development Corp.

Confirmed

October 29, 2015, 12N, McKinley Room, Manila Polo Club



RCM PSAA Alfredo S. Lim

Former Mayor of the City of Manila

Confirmed

THE WEEK THAT WAS...



Senator Chiz Escudero is welcome as Guest of Honor and Speaker of Rotary Club of Manila at Manila Polo Club last September 24, 2015. From L-R: **AG/IPP Frank Evaristo**, **PE/VP Teddy Ocampo** and **Rtn. Tong Payumo**.



OIC/Moderator Rtn. Babe Romualdez directs the program of activities.



PVP Manny Dy delivers an ecumenical prayer.



Former Speaker of the House of Representatives, **Rtn. Joe de Venecia** leads in the recitation of the four (4) way test in tagalong version.



Rtn. Jun Aventura introduces the guests, visiting Rotarians and personalities seated at the presidential table.



Pres. Ebot Tan report on the club's activities during the President's Time.



PD Rod Valencia does the honor and pleasure of introducing **Honorable Francis "Chiz" G. Escudero**, Senator, Republic of the Philippines as guest of honour and speaker.



Hon. Francis Joseph "Chiz" G. Escudero, Senator, Republic of the Philippines, spoke before Manila Rotarians, Visiting Rotarians and guests on his various legislative advocacies and what lead him to set his sights on the second highest office of the land.



An interactive public forum followed suit post the speech of **Senator Francis “Chiz” G. Escudero**.



Pres. Ebot Tan presents to **Senator Francis “Chiz” G. Escudero** a religious icon of Jesus Christ and Mother and Child as the club’s token of appreciation for being the guest of honour and speaker. Witnessed by **PD Rod Valencia**.

RC MANILA FOUNDATION INC.



RCManila Foundation Pres Ebot Tan, Trustees VP/PE Teddy Ocampo, Issam Eldebs and Sec Jorge Salazar were present to receive the Certificate of Registration together with other agencies.



RCManila Foundation led by Pres Ebot Tan and other agencies were presented the certificate of registration by the Department of Social Welfare and Development (DSWD) last Monday Sept 28,2015 at the DSWD NCR office.



Pres Ebot Tan with VP/PE Teddy Ocampo, Dir Issam Eldebs and Sec Jorge Salazar met with Rtn Ricky Yap to prepare for Discon 2016 and club fellowship at the Ilang Ilang Restaurant Of Manila Hotel last Monday September 28,2015. The breakfast meeting was graciously hosted by Rtn Ricky Yap.

INTERCLUB ACTIVITY



Pres. Ebot Tan at 2nd Induction Ceremonies of the Rotary Club of Manila Maharlika at the Manila Yacht Club with WCP Maricor Malitao, DG Obet Pagdanganan, and the other WCP's.

OKTOBERFEST 2015



Club Number 16985
543 Arquilla Street corner Gray Street, Ermita, Manila
Contact numbers: 527 1886/1887 Fax number: 527 1885
Email Address: rcmanila@rcmanila.org



OCTOBER 20, 2015

Tuesday, 7:00PM

GERMAN CLUB

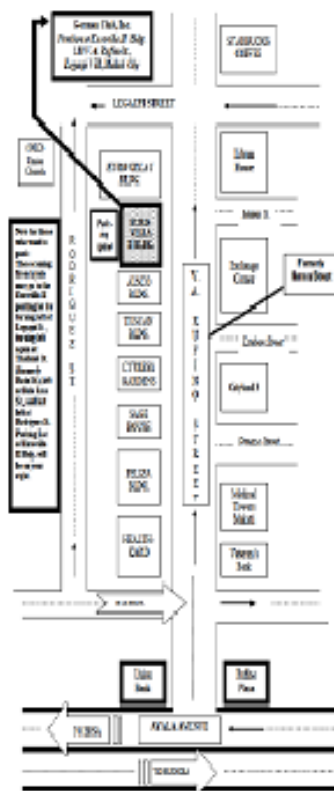
Penthouse, Eurovilla II Building
118 V.A. Rufino (formerly Herrera Street),
Legaspi Village, Makati City

Hosted by:

PSAA Gunter Matschuck Chair, RCM Oktoberfest
H.E. Rtn. Thomas Ossowski, German Ambassador
Rtn. Bodo Goerlich
Rtn. Uwe Hesse
Rtn. Henning Karcher
Rtn. Enzo Langella
Rtn. Klaus Muller
Rtn. Horst Kessler von Sprengelsen

Co-Hosted by:

Rtn. Mikael Avellan
PD Knud Hedeager



REPLY BOX:

E-Mail: rcmanila@rcmanila.org

Fax: 5271885

☐ ATTENDING

☐ REGRETS

Signature over printed Name

Date

CHRISTMAS BAZAAR 2015

FOR EXHIBITORS:

It's never too early to prepare! Join us at SMX Convention Center Manila at Functions Hall 1 & 2 on the 12th and 13th of December 2015, from 10am to 9pm for the first ever Rotary Christmas Bazaar!

With more than a hundred stall spaces for only 15,000-20,000 for the two-day event, you'll be just in time to cater last minute shopping! Book this August and get 10% off for the early bird promo. For more details and booking, please call 09198042082 or 09178718972.

Gear up for the holiday, prepare for the last-minute shoppers. We all know we do it :)



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Rotary 
DISTRICT 3810

Christmas
BAZAAR
2015



SMX, FUNCTION HALL 1-2
DEC 12-13, 2015 | 10:00 AM TO 9:00PM

><BOOTH RATES><

CORNER BOOTH (2x3) = P20,000 (plus 2,500 for food vendors)
REGULAR BOOTH (2x3) = P15,000 (plus 2,500 for food vendors)

EARLY BIRD PROMO:
BOOK THIS AUGUST AND GET 10% OFF THE REGULAR RATE

FOR INTERESTED EXHIBITORS PLEASE CONTACT:
MS. JOY GADDON: 0919-804-2082 (ROTARY)
MS. MONIQUE FAME: 0917-871-8972 / (02) 779-8727 (BRANDACTION INC.)



- TOTAL Booth - 126
CORNER Booth - 52

BEST CLASS PRESIDENTS MEDICAL & DENTAL MISSION



Best Class President Chairman/AG/IPP Frank Evaristo lead the Medical and Dental Mission in Pugo, Bauang, La Union last Sept. 25, 2015 in cooperation with Reliance Surety & Insurance Co. Inc. Brought medical and dental equipment for the mission with hundreds of indigent patients, families treated. Hosted by BCP Congressman Butch Dumpit of RC Chinatown Circle.



The Best Class Presidents - RI 2014-2015 who participated were seated from left: Abel Labarda, Ricky Bajen, Cong. Butch Dumpit, IPP Frank Evaristo, Andrew Co, Joe Bello. (Standing) Cathy Piczon, Jane Cabalen, Arlene Divinagracia and Lyka Olson.



Best Class Presidents - Medical and Dental Mission in Bauang, La Union, September 25, 2015.

BIRTHDAY FELLOWSHIP DGE YUYEK



Birthday Celebration of District Governor Elect Ernest Yuyek with All Star Team Presidents Elect & Incoming Excom & District Officers in attendance held at Marina East Subd. Clubhouse, Paranaque last Sept. 26, 2015. From Left:
IDCOS/ISDG/DE/IPS Albert Alday, DGE Ernest Yuyek, PE/VP Teddy Ocampo, ISDG/AG/IPP Frank Evaristo and ICOS/SDG/PP Cesar Ubaldo.



At All Star Team Presidents-Elect Fellowship & Birthday Celebration of District Governor Elect Ernest Yuyek seated left: **PDG Johnny, Dorothy Aruego, Baby Ocampo. (Standing) ISDG/AG/IPP Frank Evaristo, PE/VP Teddy Ocampo, DGE Ernest Yuyek and PP Nico de Leon of RC Manila Sta. Ana.**

CLUB PRESS RELEASE



B-8 ~~CLASSIFIED~~ SATURDAY, SEPTEMBER 26, 2015

PEOPLE & EVENTS



ROTARY CLUB OF BANGKOK INDUCTION: The Rotary Club of Bangkok Thailand held its 95th anniversary celebration induction of officers led by president Chiemi Sevenassen (3rd from left), the first Japanese president of the club, held at the Grand Hyatt Hotel in Bangkok. The Rotary Club of Manila, the first in Asia, attendees were immediate past president and assistant District 3810 governor Frank Evaristo (seated left), with Ann Vicky Montilla. Standing (from left) are past president Francis Julico, president Dirya of Rotary Club of Kuala Lumpur, president Chiemi Sevenassen of Rotary Club of Bangkok, Thailand and past director Ed Lee.



SUNDAY, SEPTEMBER 27, 2015

Saying 'Chiz' at the Rotary

Allure



At the Manila Rotary meeting last Thursday with vice presidential candidate Sen. Chiz Escudero as guest of honor and speaker, members of the audience were very impressed at the way he answered hard-hitting questions in a very straightforward manner. Chiz came out as a very charismatic, articulate and intelligent young man whose facility with the English language became very apparent, although he jokingly told the audience that he hoped he would not "nosebleed."

As fellow Rotarian Tony Lopez pointed out, Chiz is more likeable when he speaks in English because he comes out less glib. For some reason, some people find his Tagalog too deep and thus very hard to comprehend.



Sen. Chiz Escudero impresses the audience with his straightforward answers.



With (from left) **Rod Valencia, Sen. Escudero, Manny Dy, Ebot Tan, Obet Pagdanganan and Jun Aventura.**

It was a short speech because as the Senator said, he was reserving the rest of the time for the “question and answer” portion and indeed, the Q&A was very likely, trying to probe his mind on a lot of issues that have to do with business, the economy and government policy even on such matters as un-calendared holidays that can put a strain on businessmen’s resources since they have to pay double for the wages. Chiz believes that real empowerment for the people can only come through education, and that there has to be a bigger allocation for farm-to-market roads in the countryside like in the Cordilleras for instance, since government can’t keep on building roads in Metro Manila alone.

Asked about comments that liken him to a Rasputin who “manipulates and dictates” on Sen. Grace Poe, he replied: Granted for one second that those allegations were true, has Grace Poe said or done anything that can be perceived as inimical to the interest of the people?

“Distrust is the product of fear based on the unknown. At the end of the day, I will be judged by what I said or did not say, and by what I did or did not do,” the senator said, which elicited appreciative applause from the audience. Judging from reactions, it was clear to those who heard Chiz that the young man has got what it takes to be a leader. **Photos by Ramon Joseph J. Ruiz**



Bobby Joseph and Rob Sears.



Rotary Club of Manila president Ebot Tan.



Archit Bartolome and former congressman Tong Payumo.



One-on-one with Chiz Escudero.



(From left) Amading Valdez, Consul Fausto Preysler, Teddy Ocampo and Susing Pineda.



Tony Lopez, former House Speaker Joe de Venecia and RCM past president Frank Evaristo

ON THE LIGHTER SIDE



PDG VINCE CARLOS

One Last Good Deed...

An old man was critically ill. Feeling that death was near, he called his lawyer. "I want to become a lawyer. How much is it or the express degree you told me about?"

"It's \$50,000," the lawyer said. "But why? You'll be dead soon, why do you want to become a lawyer?"

"That's my business! Get me the course!"

Four days later, the old man got his law degree. His lawyer was at his bedside, making sure his bill would be paid. Suddenly the old man was racked with fits of coughing and it was clear that this would be the end. Still curious, the lawyer leaned over and said, "please, before it's too late, tell me why you wanted to get a law degree so badly before you died?" In a faint whisper, as he breathed his last, the old man said,

"One less lawyer..."

* * * * *

He Needs His Aspirin...

A man goes in for an interview for a job as a TV news broadcaster. The interview went quite well with one problem - he kept winking at the camera.

The interviewer said, "Although you have a lot of the qualities we're looking for, the fact that you keep winking is a real problem. I'm afraid we won't be able to hire you unless you get it under control."

"Oh, that's no problem," said the man. "If I take a couple of aspirin I stop winking for a couple of hours. More than enough time to get the broadcast done" "All right, show me," said the interviewer.

So the man reached into his pocket. First he put his hand in his right pocket, and as he took it out he pulled out loads of condoms of every variety and size, but no pills.

Next he dug into his left pocket, and again pulled out an embarrassing amount of condoms in all shapes and colors before finally finding the packet of aspirin. He took the aspirin and the second take went without a single hitch.

The interviewer said, "That's amazing, I'd hire you on the spot, except that we're not in the habit of hiring such womanizers. We've had too many sexual harassment suits."

"Excuse me!" exclaimed the man, "I'm a happily married man, not a womanizer!" "Well how do you explain all the condoms, then?" asked the interviewer.

The man sighed. "Have you ever tried going into a pharmacy, asking for aspirin and winking all the while?"

* * * * *

How to Get Rid of an Ex-Wife

An explorer goes into an undiscovered tomb for the first time, and in the center of the tomb there's a lamp. He picks it up, and as he starts to rub the dirt off of it, a genie comes out of the lamp and says, "I want to know the person you hate the most."

The explorer says, "That's gotta be my ex-wife. Why?" "I am a cursed genie. I will grant you three wishes, but whatever you wish for, your ex-wife will get double that amount."

"Okay, I wish for a billion dollars."

"Granted, but your ex-wife gets two billion dollars."

"I wish for a mansion in California with a swimming pool, and tennis courts, everything." "Granted, and your ex-wife gets two. Now make your final wish."

The explorer walks around for a few minutes, returns to the genie with a stick, and says:

"You see this stick? I'd like you to beat me half to death with it."

* * * * *

Priceless joke!

One day in the future, Barack Obama has a heart-attack and dies. He immediately goes to hell, where the devil is waiting for him. "I don't know what to do here," says the devil. "You are on my list, but I have no room for you. You definitely have to stay here, so I'll tell you what I'm going to do. I've got a couple of folks here who weren't quite as bad as you. I'll let one of them go, but you have to take their place. I'll even let you decide who leaves."

Obama thought that sounded pretty good, so the devil opened the door to the first room. In it was Ted Kennedy and a large pool of water. Ted kept diving in, and surfacing, empty handed. Over, and over, and over he dived in and surfaced with nothing. Such was his fate in hell. "No," Obama said. "I don't think so. I'm not a good swimmer, and I don't think I could do that all day long."

The devil led him to the door of the next room. In it was Al Gore with a sledge-hammer and a room full of rocks. All he did was swing that hammer, time after time after time.

"No, this is no good; I've got this problem with my shoulder. I would be in constant agony if all I could do was break rocks all day," commented Obama.

The devil opened a third door. Through it, Obama saw Bill Clinton, lying on the bed, his arms tied over his head, and his legs restrained in a spread-eagle pose. Bent over him was Monica Lewinsky, doing what she does best. Obama looked at this in shocked

disbelief, and finally said, "Yeah man, I can handle this."

The devil smiled and said..... "Ok, Monica, you're free to go."

* * * * *

PUBLIC HEALTH NUTRITION AND CHILD CARE



DENGUE 2015

Elias D. Adamos, M.D.

While sore eyes has not gone to a total exit, Dengue comes marching in. Around 800,000 thousand cases of Dengue Hemorrhagic Fever (DHF) were reported from January to September of this year. Report of alarming increase in hospital confinements and death due to the febrile illness was sent out as warning to the public by the Department of Health.

What is DHF?

Dengue Hemorrhagic Fever is transmitted via bite by a day-biting mosquito — *Aedes aegypti*. Person-to-person transmission does not occur. Southeast Asia, including the Philippines, is an identified region in the world where the greatest risk for DHF can occur.

Diagnosing DHF

DHF is diagnosed through the study and analysis of the course of the disease. This is established through clinical history and examination. History will of course include a stay or trip to an endemic area or a place where Dengue is reported; correlated with the presence of a febrile condition. Signs and symptoms include: fever, dehydration, big lymph nodes, joint pains, Skin rash or small spots or dots in the body or extremities (small spots of hemorrhages appearing between two and five days after onset of fever), headache, abdominal pains, and convulsion (in some cases). Nausea and vomiting may be present. Tell your doctor for any signs of bleeding, such as one coming from the nose, bleeding gums, and easily bruised skin that are important signs in DHF and should never be missed out. Symptoms can usually last up to 10 days.

Blood tests are available to check for viral antibodies and infection. Blood tests can also establish the presence of active bleeding or hemorrhage that may lead to shock and even death.

Treatment

There is no specific treatment for DHF. Treatment is on a symptom-by-symptom basis. Patients with DHF are monitored for bleeding or hemorrhage that is a known complication. Bleeding in patients with DHF is managed accordingly. There is no preventive immunization against Dengue. *Papaya leaves* squeezed or ground and the herb *tawa-tawa* are herbal medicines that can stop bleeding or hemorrhage in DHF.

How to prevent dengue fever

Avoid heavily populated or crowded areas. Stay inside air-conditioned room. House windows should be screened. Wear protective clothing (long-sleeved shirt with pants). Wear long socks. Use mosquito repellent indoors and outdoors. Reduce mosquito population by getting rid of breeding areas, such as pet dishes, empty flowerpots, empty cans or containers, and water-collection vessels, in places where water pressure or supply is low.

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