

DATA RELATED TO HEALTH, SAFETY, AND WELFARE OF THE BANK
As of December 31, 2025

In 2025, the Human Resources Department (HRD) of UCPB Savings Bank remains steadfast in promoting employee health, safety, and overall well-being through the regular dissemination of Health Advisories aligned with the guidelines of the Department of Health (DOH).

These initiatives aim to raise awareness, encourage preventive care, and foster a culture of wellness across the organization. Key health advocacy campaigns include:

- Rabies Awareness Month
- World Tuberculosis Day
- Tips for Preventing Heat-Related Conditions
- Cervical Cancer Awareness
- MPOX Awareness
- National Lung Month
- National Thyroid Cancer Awareness Week
- World Mental Health Day
- DOH Advisory on Influenza-Like Illnesses
- Drug Abuse Prevention and Control Week

Rabies
Awareness
Month



RABIES AWARENESS MONTH

Rabies is fatal but preventable viral disease. It can spread to people and pets if they are bitten or scratched by a rabid animal. It infects the central nervous system if a person does not receive the appropriate medical care after a potential rabies exposure.

PREVENTION

vaccinate
your pets.



keep your pets inside and
manage them when
outside.



call animal control to reduce
stray, unvaccinated & ill
animals.



TREATMENT

if you get bitten:

wash wound area with
soap and water.



wound must be
properly covered.



immediately proceed to
the nearest hospital or
animal bite center.



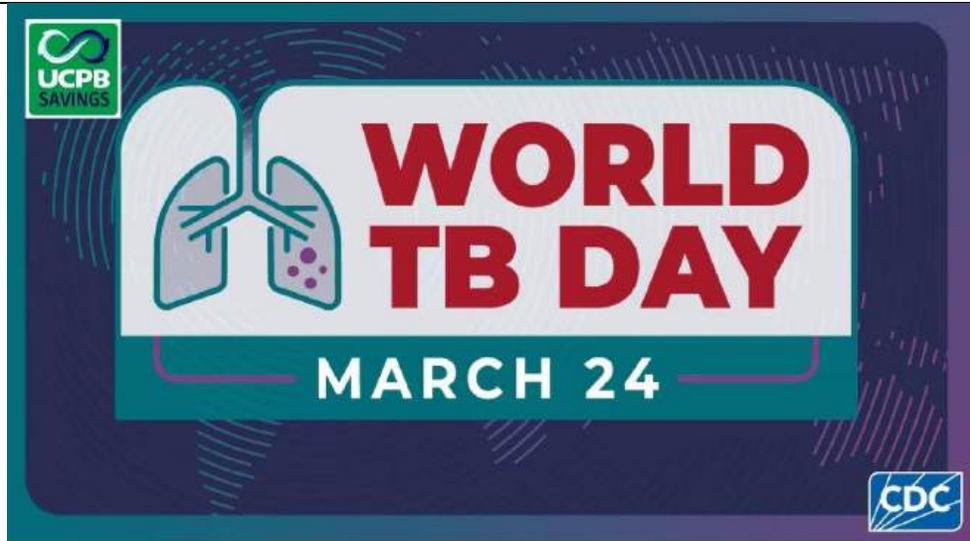
SYMPTOMS

*late signs and
symptoms may include:*

Agitation
Anxiety
Confusion
Delirium
Hallucinations
Hydrophobia
Excessive salivation
Insomnia



source: Centers for Disease Control & Prevention



TUBERCULOSIS (TB) spreads through the air from one person to another.

- TB germs spreads when a person with infectious TB disease coughs and speaks.
- TB germs usually attacks the lungs but can also move to any part of the body.



- The germs can live in the body without making you sick is called **LATENT TB INFECTION OR INACTIVE TB**.
- If you have **INACTIVE TB**, you can take TB medicine to **prevent the development of active TB disease** even if you do not feel sick.

- If your body cannot stop TB germs from growing, you develop **ACTIVE TB DISEASE**.
- You may feel sick and spread TB germs to your family, friends, and others around you.
- You need to take and finish all your TB medicine to help you feel better and prevent other people from getting sick.

Symptoms of active TB disease:



Cough lasting 3+ weeks



Coughing up blood or sputum (phlegm from deep inside the lungs)



Chest pain



Weakness or fatigue



No appetite



Weight loss



Fever and/or chills



Night sweats

Keep your Lungs Healthy!



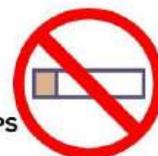
• BE PHYSICALLY ACTIVE



• AVOID AIR POLLUTANTS



• HAVE REGULAR CHECK UPS



• SMOKING CESSATION

Tips for Preventing Heat-Related Conditions



TIPS FOR PREVENTING HEAT RELATED CONDITIONS

STAY HYDRATED



CHECK FOR UPDATES

Check for local news for extreme heat alerts and safety tips.



USE A BUDDY SYSTEM

When working in the heat, monitor the condition of your co-workers. Check them at least twice a day.



DRINK UP

drink plenty of fluids and replace minerals

WHO ARE AT RISK?

- Overweight
- With high blood pressure or heart disease.
- Who overexert during work or exercise
- With comorbidities

STAY COOL



WEAR APPROPRIATE CLOTHING

Light weight, loose fitting



STAY COOL INDOORS

Fans may provide comfort. Take a cool shower or bath or moving to an airconditioned place



SCHEDULE OUTDOOR ACTIVITIES

Limit activity to when its coolest. Rest often in shady areas.



PACE YOURSELF

Cut down on exercise during heat.



WEAR SUNSCREEN

Sunburn affects your body's ability to cool down and make you dehydrated. Wear sunglasses and hat.

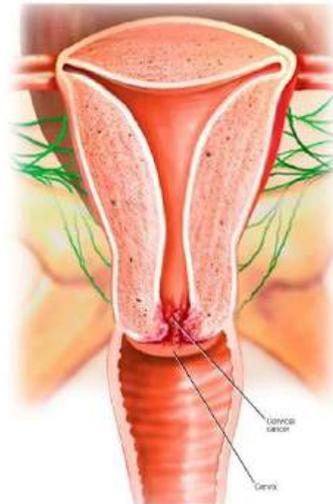


AVOID HOT AND HEAVY MEALS

They add heat to your body

SOURCE: CENTERS FOR DISEASE CONTROL & PREVENTION

CERVICAL CANCER



is a growth of cells that starts in the cervix. The cervix is the lower part of the uterus that connects to the birth canal.

Human Papillomavirus or **HPV** is a common infection that's passed through sexual contact. Play a role in causing most cervical cancers.

WATCH OUT FOR:

- Heavier menstrual that lasts longer than usual.
- Pain & bleeding during intercourse.
- Watery, bloody discharge that may have a foul odor.



RISK FACTORS:

- Smoking tobacco
- Sexually transmitted infection
- Weakened immune system
- Exposure to miscarriage prevention medicine

PREVENTION:

- Have routine PAP Tests
- Don't smoke
- Ask your doctor about the HPV vaccine.



GET INFORMED, GET SCREENED, GET VACCINATED.

source: mayo clinic

MPOX
Awareness

ALL YOU NEED TO KNOW 

MPOX



MPOX is an infectious disease caused by the mpox virus, leading to symptoms like a painful rash, enlarged lymph nodes, and fever. While most people recover fully, some may become severely ill. First discovered in research monkeys in Denmark (1958), the first human case was reported in the Democratic Republic of the Congo in 1970.

ALL YOU NEED TO KNOW 

SYMPTOMS:



FEVER 1-3 DAYS BEFORE RASH



MUSCLE ACHE



SWOLLEN LYMPH NODES



SLOW DEVELOPING RASH STARTING FROM FACE SPREADING TO OTHER PARTS OF THE BODY

ALL YOU NEED TO KNOW 

HOW DOES MPOX SPREAD?



Close contact (wounds, body fluids, respiratory droplets) with an infected person or animal, or with contaminated materials; and during pregnancy.

ALL YOU NEED TO KNOW 

SELF CARE AND PREVENTION



Stay home and indoor if your sick



Wash hands often with soap and water



Wear a mask when in close crowds



Keep skin covered as much as possible



Disinfect shared spaces frequently



Call **hotline 143** to report incidents

National Lung Month



AUGUST IS NATIONAL LUNG MONTH





Did YOU KNOW?



Your lungs are responsible for **supplying oxygen** to your bloodstream and removing carbon dioxide, keeping your brain, heart and body functioning properly. Keeping them healthy is vital for life.

The most common lung diseases affecting Filipinos include Pulmonary Tuberculosis (TB), Pneumonia, Chronic Obstructive Pulmonary Disease (COPD) and Lung Cancer. These conditions lead to high rates of hospitalization and death across all age groups.





Approximately **24.4%** among Filipino Adults **aged 20-59** are current tobacco smokers. Smoke exposure, both active and secondhand-is a major risk contributor to lung cancer, COPD and TB.

Lung diseases can be largely prevented by adopting healthy habits such as quitting smoking, ensuring clean indoor air, staying active, eating well and wearing masks in polluted or crowded areas. These practices are supported by DOH health promotion guidelines.



source: DOH CAR



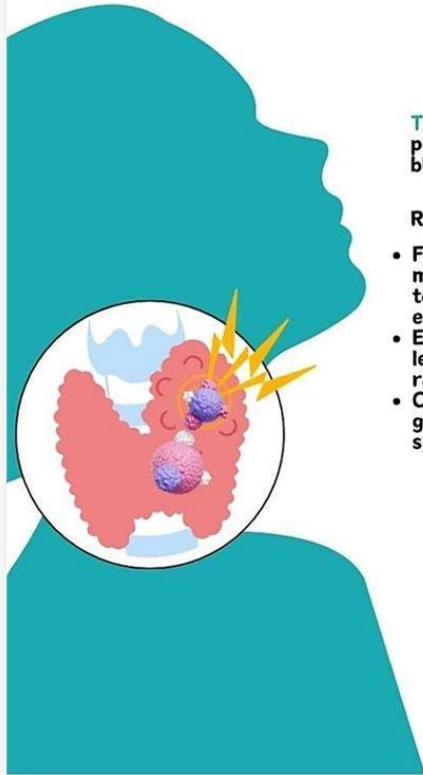
- 
 have regular exercise
- 
 have regular check up
- 
 avoid air pollution
- 
 get vaccinated
- 
 cough etiquette
- 
 wash your hands often
- 
 avoid smoking
- 
 wear facemask if with signs and symptoms
- 
 eat well balanced diet
- 
 take vitamins & supplements as prescribed

KEEP YOUR LUNGS HEALTHY & SAFE

National
Thyroid
Cancer
Awareness
Week



NATIONAL THYROID CANCER AWARENESS WEEK



THYROID is a butterfly-shaped gland that produces hormones that regulate heart rate, blood pressure, body temperature and weight.

RISK FACTORS:

- Female sex—it may be related to the hormone estrogen.
- Exposure to high levels of radiation.
- Certain inherited genetic syndromes.

It might not cause any symptoms at first, but as it grows it can cause signs and symptoms:

- A lump (nodule) that can be felt through the skin on your neck
- A feeling that close-fitting shirt collars are becoming too tight
- Changes to your voice, including increasing hoarseness
- Difficulty swallowing
- Swollen lymph nodes in your neck
- Pain in your neck and throat

Consult with your medical doctor if you experience any signs or symptoms.

source: MAYO CLINIC



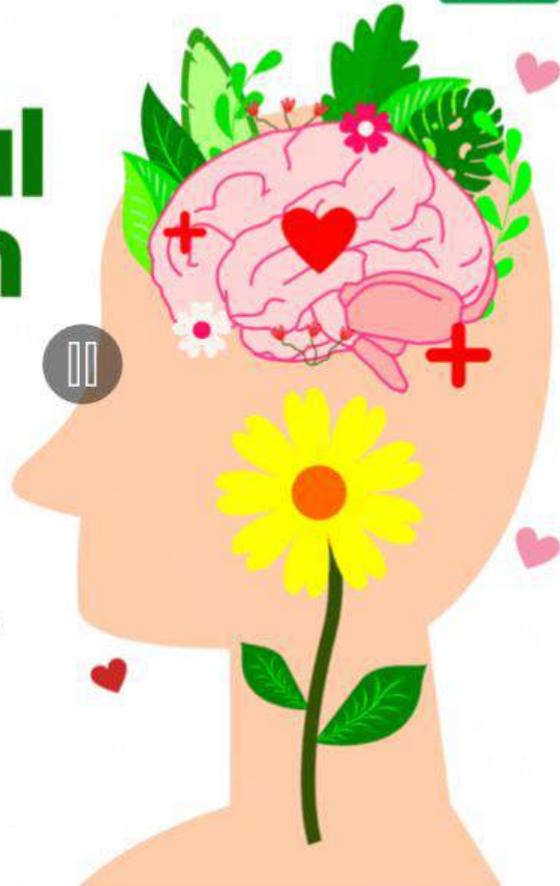
World
Mental
Health Day



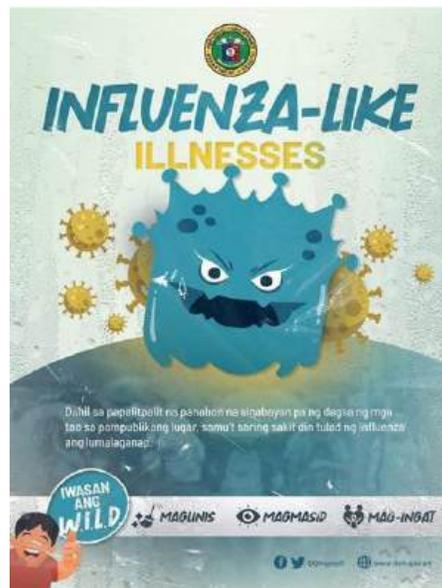
World Mental Health Day

10 OCTOBER 2025

Be kind to your mind;
make mental health
and well-being for all
a global priority!



DOH
Advisory on
Influenza-
Like
Illnesses



W.I.L.D. DISEASES



Ano ang Influenza-like Illness (ILI)?

Mga nakakahawang sakit na sanhi ng iba't-ibang virus o bacteria na nagdudulot ng infection sa ilong, lalamunan, at/o baga.

Ayon sa World Health Organization (WHO), ito ay isang impeksyon na may kasamang lagnat na hindi bababa sa 38 C° at ubo na nagsimula sa loob sampung (10) araw.

Maariri ring makaramdam ng mga sumusunod:



Panamnaga ng lalamunan



Sipan



Panamakit ng ubo



Pangisinginig



Panamakit ng katawan



Panghihina



Pagsusuka



Pagtatae



DOH.gov.ph www.doh.gov.ph

Paano makakaiwas sa Influenza-like Illness?



Siguroduhin na kumpleto ang mga bakuna ng buong pamilya



Iwasan ang mga masikip at metaang lugar



Panatilihin ang pagsusuot ng mask sa loob at labas



Takpan ang bibig at ilong kapag usbo o babahing



Siguroduhin ang magandang air flow at bentilasyon



Ugaliin ang paghuhugas ng mga kamay at gumamit ng alcohol-based hand sanitizer



MAGLINS MAGMASID MAG-INGAT

DOH.gov.ph www.doh.gov.ph

W.I.L.D. DISEASES



Paano naipapasa ang Influenza-like Illness (ILI)?



Droplets na galing sa ubo o bahing ng taong may sakit.

Paghawak sa mga gamit na kontaminado at maihawak ito sa bibig, ilong, at mata.

Lubos na nakakahawa ang taong may sakit sa unang 3 hanggang 4 na araw kahit walang sintomas.

Ano ang dapat gawin kung ikaw ay may sintomas?

- Manatili sa bahay at umiwas sa pakikipaglaruhan sa ibang tao.
- Umiwas sa mga taong nabibilang sa "high risk" tulad ng mga may edad na 65 years old o higit pa, mga taong may ibang sakit (diabetes, asthma, o sakit sa puso), buntis, at mga batang apat na taon pebeba.
- Uminom ng gamot sa lagnat tulad ng paracetamol.
- Siguroduhin ang sapat na pahinga.
- Uminom ng tubig at kainin ng masusansyang pagkain.



Agad kumonsulta sa proklamasyon na health facility kagag harap sa paghuga, may lagat na higit sa 40 C°, o may kansibilidad.

DOH.gov.ph www.doh.gov.ph

Drug Abuse
Prevention
and Control
Week

Drug Abuse PREVENTION & CONTROL WEEK



In observance of the 2025 Drug Abuse Prevention and Control Week, as declared under **Malacañang Memorandum Circular No. 105, s. 2025**, and in support of our continuing efforts to promote health, safety, and overall well-being in the workplace, we would like to raise awareness on the serious effects of drug abuse both to individuals and the community.

Drug abuse can have devastating physical, mental, and social consequences, including:

- **Health Risks:** Damage to vital organs such as the brain, liver and heart leading to chronic illnesses or even death.
- **Mental and Emotional Impact:** Increased risk of depression, anxiety and other psychological disorders.
- **Workplace and Community Effects:** Decline in productivity, impaired judgment and strained relationships with family, colleagues and peers.

We encourage everyone to stay informed, make responsible choices and support one another in maintaining a drug-free UCPBS.

If you or someone you know is struggling with substance use, please seek help from trusted professionals or reach out to available counseling and rehabilitation services.

Quezon City Anti-Drug Abuse Advisory Council QCADAAC
Ground Floor Legislative Wing, Main Building, Quezon City
Hall, Quezon City
8988-4242 local 8196
qcadaac@quezoncity.gov.ph



Together, let us foster a safe, healthy and supportive
environment for all.

THANK YOU FOR YOUR COOPERATION AND COMMITMENT, KASAMA MO!

Kasama mo

In addition to these efforts, UCPB Savings Bank proudly marks its sixth consecutive year of support for national blood donation programs and humanitarian initiatives, underscoring the Bank's continued commitment to social responsibility and community service.

  **BE A HERO, DONATE BLOOD YEAR 6- 2ND RUN**



Moreover, in partnership with Gardenia Bakeries Philippines Incorporated, the Bank conducted a wellness webinar focused on Dietary Approaches to Stop Hypertension, providing employees with practical tips on prevention, management, and maintaining a healthy lifestyle.



NUTRITION & WELLNESS WEBINAR ON DASH DIET

Dietary approaches to stop
HYPERTENSION

on February 11, 2025
(Tuesday) at 10:00 am via
ZOOM.

Ms. Janinah Rae C. Lanto, RND
Nutritionist

*Click the link below to
join us and get a chance
to win exciting prizes
from Gardenia!*

To further support employees' mental and emotional well-being, the Bank also conducted a Stress Management Training in partnership with People Dynamics, equipping employees with practical tools and strategies to manage workplace stress, enhance resilience, and promote work-life balance.



**BEHAVIORAL DEVELOPMENT
PROGRAM INVITATION**
HR - CFL AND CTM

***Mental Health Webinar:
Mastering Stress with
Grace and Resilience***

Date: November 11, 2025
Time: 10:00 to 11:00 A.M.
Platform: via Zoom Meeting

RESOURCE SPEAKER:
DR. MARIEL KRISTINE T. RUBIA
Registered Psychologist
Emovation Inc.



Through these sustained programs and partnerships, UCPB Savings Bank reinforces its commitment to nurturing a healthier workforce while contributing positively to national health and wellness advocacies.