Learn more about washing your hands often, eating a healthy diet, and getting enough rest.

#BeatCOVID19 by CenturyAtYourService

Beat Covid at home also taking care of your family and dealing with household concerns while working from home.

Over two months have passed since Metro Manila was placed under quarantine and many of us haven't left the house since. While staying at home seemed enticing at first, you may have trouble with Covid-19 while working from home.

How to stay mentally healthy amid Covid-19

For every one's guidance, here are the safety protocols to follow:

- **Patient Safety Protocols at Centuria Medical Makati**
  - More stores have opened at Century City Mall since May 18 as Metro Manila eases into the Modified Enhanced Community Quarantine. On top of temperature checks and installing visual guidance markers, more stores have opened at Century City Mall since May 18 as Metro Manila eases into the Modified Enhanced Community Quarantine.

- **CENTURY CITY MALL**
  - Microbes and odors, and infrared-enabled, automated sanitizer dispenser. This is on top of the standard safety procedures being implemented in the building.

- **Modifed Enhanced Community Quarantine.**
  - UV disinfection systems are being used in entrances and key points in the building to kill harmful microbiological agents and airborne contaminants. Some of the systems are equipped with thermal scanning, ionizers that charge the air with negative ions and remove harmful microbes and odors, and infrared-enabled, automated sanitizer dispenser. This is on top of the standard safety procedures being implemented in the building.

- **UV disinfection chambers**
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- **PacifiStar Building**
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- **Occupational safety protocols**
  - UV disinfection systems are being used in entrances and key points in the building to kill harmful microbiological agents and airborne contaminants. Some of the systems are equipped with thermal scanning, ionizers that charge the air with negative ions and remove harmful microbes and odors, and infrared-enabled, automated sanitizer dispenser. This is on top of the standard safety procedures being implemented in the building.

- **Zoom/teleconferencing rooms**
  - Zoom/teleconferencing rooms have been increased for contactless meetings as well.

- **Quarantine with proper health and safety protocols**
  - Quarantine with proper health and safety protocols for its personnel. The company's Human Resources department and the Health and Safety Program have been ramping up their efforts to protect the employees and the clients of Century Properties.

- **GoNegosyo's Mentor Me**
  - GoNegosyo's Mentor Me recently hosted a webinar featuring Century Properties Group founder and Executive Chairman Jose E.B. Antonio among other real estate experts to discuss the impacts of Covid-19 on the country's real estate industry and what opportunities to seize in light of the pandemic.

- **Century Properties Group**
  - Century Properties Group, Inc. (CPG:PM) has announced that its net income in 2019 increased by 32.2% to P1.48 billion from P1.12 billion in 2018, on the back of project completions from the company's residential condominium segment and 44% of the consolidated cost of sales which contributed 44% to net income.

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- **PHirst Park Homes, Inc.**
  - PHirst Park Homes conducts COVID-19 mega testing facility, which opened at the Philippine Arena in Bocaue, Bulacan.

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- **Century Properties Group helps convert**
  - Century Properties Group helps convert Philippine Sports Stadium in Philippine Arena to mega testing facility.