



Republic of the Philippines  
**Government of Ormoc City**  
**BIDS AND AWARDS COMMITTEE**  
Ormoc City

CHD

P.R. No.: 241645  
Quotation No.: 244127-2354  
PhilGEPs No.: \_\_\_\_\_

Standard Form Title: **REQUEST FOR QUOTATION**

Please quote your lowest price on the item/s listed below, subject to the General Conditions on the last page, stating the shortest time of delivery and submit your quotation duly signed by you or your authorized representative not later than \_\_\_\_\_

**KATHERYN A. SOLAÑA**  
PROCUREMENT OFFICER

**NOTE:** (1) ALL ENTRIES MUST BE TYPEWRITTEN OR LEGIBLY WRITTEN.  
(2) DELIVERY PERIOD WITHIN 25 C.D. UPON RECEIPT OF THE APPROVED FUNDED PURCHASE ORDER (P.O.). Administrative penalties pursuant to Sec. 69 of the Revised IRR-RA 9184 shall be for a minimum for non-delivery without valid reason.  
(3) WARRANTY SHALL BE FOR A PERIOD OF THREE (3) MONTHS OF SUPPLIES & MATERIALS, ONE (1) YEAR FOR EQUIPMENT, FROM DATE

OF ACCEPTANCE BY THE END-USER. (4) PRICE VALIDITY SHALL BE FOR A PERIOD OF SIXTY (60) DAYS. (5) G-EPS REG NO., MAYORs PERMIT, DTI/SEC, AND FOR ABC's ABOVE 500K - ITR & OMNIBUS SWORN STATEMENT SHALL BE ATTACHED UPON SUBMISSION (6) BIDDERS SHALL SUBMIT ORIGINAL BROCHURES SHOWING CERTIFICATIONS OF THE PRODUCTS IF APPLICABLE. (7) THE **APPROVED BUDGET CEILING** FOR THIS PROCUREMENT IS (amount indicated below)

Php 70,000.00

	Activities	Schedule	
		FROM	TO
1	Issuance of Canvass	Friday June 07, 2024	Thursday June 13, 2024
2	Submission of Canvass	Friday June 14, 2024	10:00 AM
3	Opening of Canvass	Friday June 14, 2024	2:00 PM

#	Item and Description	QTY	UNIT COST	TOTAL
1	Brochure on Health Services	400 pc		
	*200PCS. Size: 8.5inch x 11inch (Short Bond Size Subs. 20)			
	*Material: Glossy			
	*Style: Trifold			
	(for ANTI-SMOKING)			
	*200PCS. Size: A4 Bond Size Subs. 20			
	* Materials: Glossy			
	*Style: Pamphlet			
	(FOR MEN'S HEALTH)			
2	Sticker, No Smoking	400 pc		
	Size: 6 inch x 4inch			
	Material: Glossy, Waterproof			
3	Tarpaulin (lot)	1 lot		
	* 10pcs. Size: 2.5ft x 2ft			
	(for ANTI-SMOKING)			
	* 13pcs. Size: 4ft x 8ft			
	(RUN FOR MEN'S HEALTH)			
	(SEE ATTACHED SAMPLE OF LAYOUT)			
	-x-x-x-x-x-x- NOTHING FOLLOWS -x-x-x-x-x-x-			
GRAND TOTAL >>>				

Brand and Model : \_\_\_\_\_ Warranty : \_\_\_\_\_  
Delivery Period : \_\_\_\_\_ Price Validity : \_\_\_\_\_

After having carefully read and accepted your Conditions, I/We quote you on the item at prices noted above and hereby commit to deliver the same if adjudged to have the lowest and responsive quotation.



# STRICTLY NO SMOKING

As per City Ordinance No. 015  
 "Comprehensive Anti-Smoking Ordinance of Ormoc City"

PENALTIES		
Offence	Administrative Charges	Court Charges
1 <sup>st</sup>	1,000.00	Up to 1,500.00
2 <sup>nd</sup>	1,500.00	Up to 3,500.00
3 <sup>rd</sup>	3,500.00	Up to 5,000.00

Report Violation to:











- Ormoc City Police Office - 0999 661 1061
- Police Station 1 (Ay Proyer) - 0998 598 6691
- Police Station 2 (Valencia) - 0998 598 6683
- Police Station 3 (Linao) - 0998 598 6695
- Ormoc Mobile Force Company - 0998 967 4959



*Lucy Torres Gamay, City Mayor*



## 10 Reasons To Quit Smoking

-  Reduce your chances of having a heart attack or stroke
-  Reduce your chances of getting Lung Cancer, Emphysema, and other Lung Diseases.
-  You will have better smelling clothes, hair, breath, home and car
-  You will climb stairs and walk without getting out of breath
-  You will have fewer wrinkles
-  You will be free of your morning cough
-  Reduce the number of coughs, colds, and earaches your child will have
-  You will have more energy to pursue physical activities you enjoy
-  You will save money from not buying cigarettes.
-  You will have more control over your life



ORMOC CITY HEALTH OFFICE  
 "SMOKING CESSATION CLINIC"

**CAN HELP YOU QUIT!!!**

smokers helpline CALL: (053) 561-5986 / 561-5982



**Quit Smoking And save Lives**

## Tips to Help You Quit



- 1. Prepare for life as a nonsmoker.**  
Remove all cigarette-related materials such as ashtrays, lighters, matches, cigarettes and cigarette butts, etc. from your office and your home. This will help you avoid temptation.
- 2. Urges last a few minutes at most, so practice the four Ds:**  
**DEEP** breath  
**DO** something else to get your mind off the craving. Call a friend, go for a walk, or chew on a carrot stick.  
**DRINK** lots of water throughout the day, especially during a craving.  
**DELAY** reaching for a cigarette the urge will pass!



### 3. Change your routine Things to do instead of smoking

- If you light up with a cup of coffee, switch to water, tea or juice.
  - Chew sugarless gum.
  - Call a friend.
  - Go to a movie or another place where you can't smoke.
  - Take a walk, play a game or do some type of exercise.
- Remind yourself of all the reasons why you should not smoke



### 4. Recognize that urges are the worst within the first two weeks of your life as a nonsmoker.

After that, your chances of smoking again will most likely occur in situations associated with smoking such as after dinner or during car rides. While it may be difficult and nearly impossible to avoid some of these situations, try to avoid as many of them as you can. If you cannot, tell people you have just quit or that you are a nonsmoker.

### 5. Use all the resources available to you.

Nicotine patches, gums, and lozenges are becoming more available in the Philippines. Talk to your doctor about prescriptive medications that may help you quit for good.



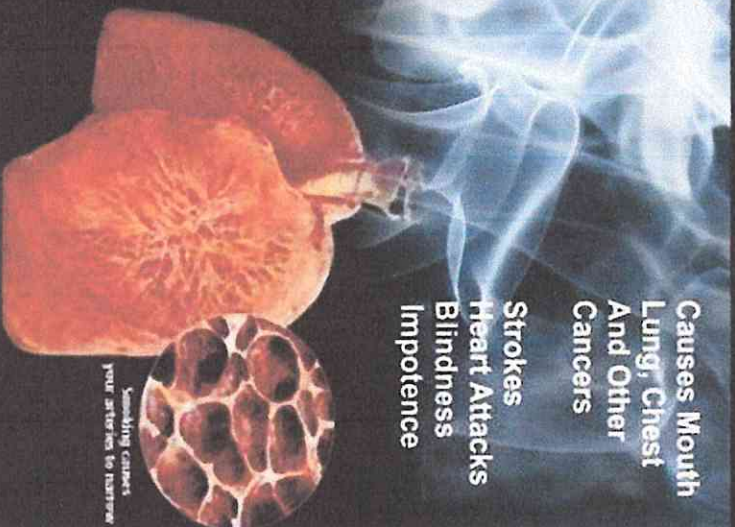
## Some Harmful Effects Of Tobacco Smoke



### DESTROYS TEETH AND GUMS

Causes Mouth  
Lung, Chest  
And Other  
Cancers

Strokes  
Heart Attacks  
Blindness  
Impotence



### SMOKING CAUSES YOUR ARTERIES TO NARROW



**THE CITY OF BEAUTIFUL PEOPLE  
IS A SMOKE-FREE CITY  
AND A RED ORCHID AWARDEE**



**STRICTLY  
NO  
SMOKING**



As per City Ordinance No. 015 Series of 2020  
Amended Comprehensive Anti-Smoking Ordinance of Ormoc City.

**PENALTIES:**

OFFENSE	Administrative Charges	Court Charges	if Business Entity
1st	1,000	up to 1,500	warning
2nd	1,500	up to 3,500	suspension of business permit
3rd	3,500	up to 5,000	suspension of business permit



**Quit Now  
Call**

**1558**

**For Assistance**



**Healthy  
Pilipinas**

**Health  
is Life!**

For Tarpaulin



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Report Violation to:

- Ormoc City Police Office - 0909 661 1061
- Police Station 1 (City Proper) - 0998 598 6691
- Police Station 2 (Yalencja) - 0998 598 6693
- Police Station 3 (Linao) - 0998 598 6695
- Ormoc Mobile Force Company - 0993 967 4959



ENR Chicker

Lucy Torres Gansay, City Manager

# PAHINU MDOM!

**KANSER SA BIBIG**



**KANSER SA LALAMUNAN**



**GANGRENE**



**STROKE**



**UG DILI MO-UNDANG UG SIGARILYO,**

**MAONI ANG MAHITABO:**

**ANG SIGARILYO MAGDALA NIMO SA MENTERYO!!!**

KUNG ANDAM KANA MO UNDAANG SA PAG SIGARILYO?

TAWAG SA ORMOC CITY HEALTH OFFICE

"SMOKING CESSATION CLINIC"

smokers helpline (053) 255-2225 / 5615982

