



Republic of the Philippines  
Department of Education  
National Capital Region  
**DIVISION OF CITY SCHOOLS**  
Nueva Ecija St. Bago Bantay, Quezon City

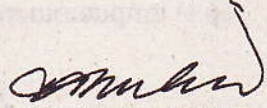


September 17, 2012

**MEMORANDUM TO:**

Assistant Schools Division Superintendents  
Division/ District Supervisors  
Principals of Public Schools  
Clinic Teachers of Public Schools  
Health and Nutrition Section  
All Others Concerned

1. Attached is DepEd Memorandum No. 153, s. 2012 from Br. Armin A. Luistro FSC, DepEd Secretary, dated September 5, 2012, contents of which are self-explanatory for the information and guidance of all concerned.
2. Immediate and wide dissemination of this memorandum is desired.

  
**CORAZON C. RUBIO, CESO VI**  
Schools Division superintendent

**AUREA M. LOPEZ, M.D**  
Medical Officer V  
Health and Nutrition Section





Republic of the Philippines  
**Department of Education**

DCS-QUEZON CITY  
**RECEIVED**  
SEP 12 2012  
RECORDS SECTION

DepEd MEMORANDUM  
No. **153**, s. 2012

SEP 05 2012

**PREVENTING LEPTOSPIROSIS AND OTHER HEALTH DISEASES IN SCHOOLS**

To: Undersecretaries  
Assistant Secretaries  
Bureau Directors  
Regional Directors  
Schools Division/City Superintendents  
Heads, Public and Private Secondary Schools

1. In view of the new cases of Leptospirosis and other health diseases reported recently in areas affected by floods, the Department of Education (DepEd) issued this Memorandum in order to take precautionary measures to protect the school populace.

2. The regional directors (RDs) and schools division/city superintendents (SDSs) are encouraged to conduct the following activities immediately:

**a. Mobilization for the Prevention and Control of Leptospirosis and Other Health Diseases**

- Mobilize all school health and nutrition personnel to disseminate information on the prevention and control of Leptospirosis and other health diseases prevalent during the rainy season.
- Mobilize all student government organizations, scouts and youth leaders to create awareness on Leptospirosis and other health diseases.

**b. Health Information Dissemination and Education**

- Orient all school heads (SHs) on the prevention and control of Leptospirosis and other health diseases in schools.
- Disseminate information through the pupils and students and or through the Parents-Teachers Associations (PTAs).
- Publish updates on Leptospirosis and other health diseases prevention in all school paper/organs/newsletters.
- Intensify health education in the classroom.


**c. Collaboration with Other Stakeholders**

- Establish close collaboration with PTAs, local government units (LGUs), municipal health offices on the following:
  - Referral of pupils and students and teachers with fever who suffer from respiratory and other infections;
  - Delineation of responsibilities between and among agencies;
  - Maintenance of environmental sanitation in schools and communities;
  - Monitoring and assessment of the implementation of the local Anti-Leptospirosis activities; and
  - Information and education campaign against Leptospirosis and other health related diseases.

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3. The basic information on Leptospirosis and other health diseases is enclosed for reference.
4. Immediate dissemination of this Memorandum is desired.

  
**BR. ARMIN A. LUISTRO FSC**  
Secretary

Encl.: As stated

Reference: None

To be indicated in the Perpetual Index  
under the following subjects:

**CAMPAIGN  
HEALTH EDUCATION  
SCHOOLS**

Rhea/R-DM- Preventing Leptospirosis in Schools  
1532/August 29, 2012



(Enclosure to DepEd Memorandum No. 153, s. 2012)



Republic of the Philippines  
Department of Health  
Kagawaran ng Kalusugan

Published on Department of Health (<http://www.doh.gov.ph>)

[Home](#) > Leptospirosis

## Leptospirosis

Submitted by admin on May 5, 2011 - 14:56

**Cause:** Leptospira bacteria

**Incubation Period:** 7-10 days

**Mode of Transmission:**

- Entry of the leptospira bacteria through wounds when in contact with flood waters, vegetation, moist soil contaminated with the urine of infected animals, especially rats.

**Signs and Symptoms:**

- Fever
- Non-specific symptoms of muscle pain, headache
- Calf-muscle pain and reddish eyes for some cases
- Severe cases result to liver involvement, kidney failure or brain involvement. Thus some cases may have yellowish body discoloration, dark-colored urine and light stools, low urine output, severe headache.

**Treatment:**

- Antibiotics duly prescribed by a physician.
- Early recognition and treatment within two days of illness to prevent complications of leptospirosis, so early consultation is advised.

**Prevention and Control:**

- Avoid swimming or wading in potentially contaminated water or flood water.
- Use of proper protection like boots and gloves when work requires exposure to contaminated water.
- Drain potentially contaminated water when possible.
- Control rats in the household by using rat traps or rat poison, maintaining cleanliness in the house.

**LEPTOSPIROSIS NAKAMAMATAY!**

- Iwasang lumangoy, lumusong at maglaro sa baha.
- Gumamit ng bota kung kailangang lumusong sa baha.



- Sumakay sa bangka or rubber boats kung aalis ng bahay.

Mga Palatandaan ng Leptospirosis:

- Lagnat
- Panginginginig ng katawan o "Chills"
- Pananakit ng ulo, binti, kalamnan at kasu--kasuan
- Pamumula ng mga mata
- Paninilaw ng balat
- Nahihirapang umihi

Kung may lagnat ng 2 araw, agad na komunsulta sa doktor.

Buhay ay mahalaga, huwag lumusong sa baha.

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San Lazaro Compound, Sta. Cruz, Manila  
(+632) 651-7800

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- [Home](#)
- [About Us](#)
- [Universal Health Care](#)
- [Policies and Laws](#)
- [Information Resources](#)
- [Integrity Watch](#)
- [Doing Business](#)
- [Media Releases](#)
- [Secretary's Corner](#)

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# HEALTH ADVISORY

National Center for Health Promotion

National Center for Disease Prevention and Control



## INFLUENZA

- ❖ Caused by influenza virus (A,B or C)

**Incubation Period:** 1-3 days

**Mode of transmission:**

Entry of the virus into the respiratory tract:

- ❖ Via droplets from an infected person through coughing, talking and sneezing.
- ❖ Through contact with the surfaces, material and clothing contaminated with discharge of an infected person.

**Signs and Symptoms:**

- ❖ Fever of at least 38°C
- ❖ Headache
- ❖ Runny nose, sore throat, cough or other respiratory manifestations
- ❖ May or may not have muscle joints pains

**Treatment:**

- ❖ Use of antiviral agents within the first two days may halt the course of influenza illness. Consult your physician regarding antiviral agents.
- ❖ Take paracetamol for fever.
- ❖ Aspirin should not be given to children.
- ❖ Antibiotics to be given only to complications of influenza such as pneumonia or otitis media as advised by the doctor.
- ❖ Take adequate rest.
- ❖ Increase intake of oral fluids and eat nutritious foods.

**Prevention:**

- ❖ Get influenza vaccination preferably anytime from February to June.
- ❖ Provide separate room to a person sick with influenza.
- ❖ Cover mouth and nose when sneezing or coughing to prevent spread of the virus.
- ❖ Avoid crowded places.
- ❖ Distance yourself from at least 1 meter from people who are coughing or are sick with influenza.
- ❖ Wash hands frequently with soap and water.



# HEALTH ADVISORY

National Center for Health Promotion  
National Center for Disease Prevention and Control



## TYPHOID fever

**Cause:** salmonella typhi bacteria

**Mode of Transmission:**

- ❖ Ingestion of food and water contaminated with human waste

**Signs and Symptoms:**

- ❖ Sustained high fever
- ❖ Headache
- ❖ Malaise (weakness)
- ❖ Anorexia (loss of appetite)
- ❖ Diarrhea or constipation and abdominal discomfort

**Prevention and Control:**

- ❖ Boil water for drinking. (Upon reaching boiling point, extend boiling for 2 more minutes ) or
- ❖ Do water chlorination
- ❖ Cook food well and always use food cover to prevent flies and other insects from contaminating them.
- ❖ Wash thoroughly all vegetables and fruits especially those that are eaten raw.
- ❖ Avoid eating street vended foods.
- ❖ Wash hands with soap and water after using the toilet and before eating.
- ❖ Keep surrounding clean to prevent breeding of flies.

***Bring suspected cases immediately to the nearest health center or hospital.***



# HEALTH ADVISORY

National Center for Health Promotion  
National Center for Disease Prevention and Control

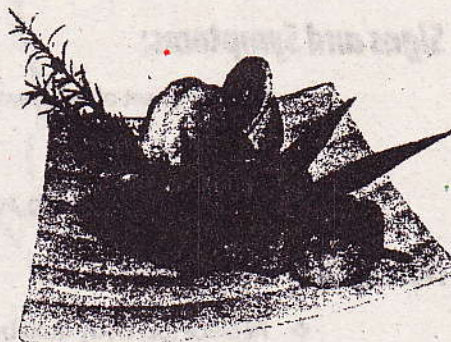


## FOOD SAFETY

*Is the assurance/guarantee that food will not cause harm to the consumers when it is prepared and/or eaten according to its intended use.*

### **Food and Water-borne Diseases**

Is a group of illness caused by any infectious (bacteria, viruses and parasites) and non-infectious agents (chemical, animal and plant toxins)



### **Common Causes of Food and Water Borne Diseases**

- ❖ Unsafe sources of drinking water
- ❖ Improper disposal of human waste
- ❖ Unhygienic practices like spitting anywhere, blowing or picking the nose
- ❖ Unsafe food handling and preparation practices
  - o I.e. street vended foods

### **Five Keys to Safer Food (Source: WHO)**

1. Keep clean.
2. Separate raw and cooked foods.
3. Cooked foods thoroughly.
4. Keep food at safe temperatures.
5. Use safe water and raw materials.

### **In case of Suspected Foodborne Illnesses**

1. Preserve the evidence.
  - If a portion of the suspected food is available, wrap it securely "DANGER" and freeze it.
2. Seek treatment as necessary.
  - If symptoms persists or are severe (i.e. bloody diarrhea, excessive nausea and vomiting or high temperature), immediately consult a doctor.
3. Report the incidence to the local health department.



# HEALTH ADVISORY

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## CHOLERA

### **Cause**

- ❖ *Vibrio cholerae* bacteria

### **Mode of transmission:**

- ❖ Eating food or drinking of water contaminated with human waste.

### **Signs and Symptoms:**

- ❖ Sudden onset of frequent painless watery stools
- ❖ Vomiting
- ❖ Rapid dehydration (e.g. sunken eyeballs, wrinkled and dry skin)

### **Immediate Treatment:**

- ❖ Replace lost body fluid by giving Oral Rehydration Solution (ORESOL) or a homemade solution composed of 1 teaspoon of salt, 4 teaspoons of sugar mix to 1 liter of water.
- ❖ If diarrhea persists, consult your health workers or bring the patient to the nearest hospital.

### **Prevention and control:**

- ❖ Drink only safe and clean water. If unsure, boil drinking water.
- ❖ Upon reaching boiling point, extend boiling for two or more minutes or
- ❖ Chlorinate drinking water.
- ❖ Keep food away from insects and rats by covering it.
- ❖ Wash and cook food properly.
- ❖ Practice sanitary disposal of human waste.
- ❖ Use toilet properly and clean toilet every day.
- ❖ Wash hands with soap after using toilet and before eating.
- ❖ Keep surroundings clean to prevent flies and other insects and rodents from breeding.

*In extreme cases, cholera is a rapidly fatal disease. A healthy individual may die within 2-3 hours if no treatment is provided.*



# HEALTH ADVISORY

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## DENGUE

### DENGUE HEMORRHAGIC FEVER

Is an acute infectious disease manifested initially with fever.

#### Transmission:

*Aedes aegypti*, the transmitter of the disease, is a day-biting mosquito which lays eggs in clear and stagnant water found in flower vases, cans, rain barrels, old rubber tires, etc. The adult mosquitoes rest in dark places of the house.

#### Signs and Symptoms:

- ◆ Sudden onset of high fever which may last to 2 to 7 days.
- ◆ Joint and muscle pain and pain behind the eyes.
- ◆ Weakness
- ◆ Skin rashes – *maculopapular rash* or red tiny spots on the skin called *petechiae*.
- ◆ Nose bleeding when fever starts to subside.
- ◆ Abdominal pain
- ◆ Vomiting of coffee-colored matter
- ◆ Dark-colored stools

#### Prevention and Control

- ◆ Cover water drums and water pails at all times to prevent mosquitoes from breeding.
- ◆ Replace water in vases once a week.
- ◆ Clean all water containers once a week. Scrub the sides well to remove eggs of mosquitoes sticking to the sides.
- ◆ Clean gutters of leaves and debris so that rain water will not collect as breeding places of mosquitoes.
- ◆ Puncture or cut old tires used as roof support to avoid accumulation of rain water.
- ◆ Put sand and oil in old tires or cans lying around to keep rain water from





# HEALTH ADVISORY

National Center for Disease Prevention and Control  
National Center for Health Promotion

## DENGUE

### DENGUE HEMORRHAGIC FEVER

is an acute infectious disease transmitted mostly by fever

#### Transmission

Febrile dengue, the milder form of the disease, is a day-long illness which may occur in  
that and dengue fever is found in 10-20% of cases. Dengue fever can be fatal, and the risk  
increases with the age of the patient.

#### Signs and Symptoms

• Sudden onset of high fever which may last to 3-5 days

• Joint and muscle pain and pain behind the eyes

• Rash

• Skin rashes - maculopapular or red tiny spots on the skin called petechiae

• Bleeding when teeth are brushed

• Abdominal pain

• Vomiting or coffee-colored vomit

• Dark-colored stools

#### Prevention and Control

• Cover water storage containers with a tight lid to prevent mosquito breeding

• Change water in flower pots and other containers every 2-3 days

• Clean gutters and drains regularly to prevent mosquito breeding

• Use mosquito coils, incense, or other mosquito repellents

• Use mosquito nets when sleeping

• Use long-sleeved shirts and long pants