



Republic of the Philippines
Department of Education

DIGOS CITY DIVISION

Office of the Schools Division Superintendent

DIVISION MEMORANDUM

SGOD-2024-LSU

To : Public Schools District Supervisors
Health and Nutrition Personnel
Secondary Nurse
School Heads of Public Elementary Schools
School Heads of JHS and SHS
All Others Concerned

Subject : **HEALTH UPDATES ON HEAT STROKE, MEASLES, AND
PERTUSSIS**

Date : April 23, 2024

This has reference to the Regional Memorandum ESSD-2024-169 dated March 19, 2024 re: **HEALTH UPDATES ON HEAT STROKE, MEASLES, AND PERTUSSIS.**

Attached to the Regional Memorandum is the Memorandum OUOPS No. 2024-09-02835 from Atty. Revsee A. Escobedo, Undersecretary for Operations, which gives updates on heat stroke, measles, and pertussis for information and observance of appropriate measures.

Updates on Heat Stroke, Measles, and Pertussis.

Heat Stroke

Heat-related illnesses become more prevalent with extreme temperatures. The Philippines Atmospheric Geophysical and Astronomical Services Administration (PAGASA) classified temperatures ranging from **33-41 degrees Celsius as "extreme caution"** while **42-51 degrees Celsius as "danger"**. Such temperatures can lead to **heat cramps and heat exhaustion and heat stroke. Fainting** may be the first sign, and other symptoms may include: **fatigue, dizziness, headache, vomiting, and light-headedness**, while prolonged heat exposure increases the probability of **heat stroke**, a serious condition characterized by loss of consciousness, confusion, or seizures, which can be deadly if left untreated.

The following measures may be observed, if any heat-related illness symptom is noted:

- Move the individual to a shaded or cool area;
- Provide proper ventilation;
- Remove the person's outer clothing;
- Attempt to cool the person's temperature by applying cold compresses, ice packs, cold water, or wet cloth against the skin (especially on their head, face, neck, armpits, wrists, ankles, and groin);
- Encourage them to drink cool water; and
- Contact medical services or bring them to the hospital.

Measles

Measles is a highly contagious viral disease that causes fever and rash that affects children which can be fatal when it finally affects the respiratory system, most



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Republic of the Philippines
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Office of the Schools Division Superintendent

commonly leading to pneumonia. The virus is very easily spread via infected airborne particles through coughing, sneezing, or even just talking. These particles can then be inhaled by another person, thus causing infection. The virus can also be spread through direct contact with infectious droplets, as when a person touches a surface containing such droplets and subsequently touches his eyes, nose, or mouth. Since measles is viral in nature, thus it resolves on its own, as the body gradually builds immunity against it. There is no specific treatment against the virus. Treatment is supportive, which includes having a nutritious diet, adequate fluid intake or rehydration (especially if the patient develops diarrhea) and enough rest. If complications arise, other medications are given (e.g. antibiotics for complicated infections like pneumonia and ear infections, rehydration for diarrhea). Vitamin A supplementation may also be recommended, since Vitamin A deficiency is a known risk factor for developing more severe measles. **Vaccination against measles confers lifelong immunity.** As much as possible, the vaccine should be administered during the routine, doctor-recommended schedule during infancy and childhood (beginning as early as 9 months) to provide protection as early as possible. It is usually given as a combination that also protects against rubella and mumps.

Pertussis

Pertussis, also known as **whooping cough**, is a bacterial infection that affects the respiratory tract characterized by severe coughing fits followed by a “whooping” sound. The disease is highly contagious, spreading through respiratory droplets when an infected person coughs or sneezes. **Initial symptoms mimic those of a common cold, including mild fever, runny nose, and cough, but poses the greatest risk to children under five years old, especially those who are unvaccinated or have weakened immune systems.**

The following are the safety protocols:

- **Vaccination:** Ensure that all children receive the DTaP vaccine (Diphtheria, Tetanus, and acellular Pertussis) according to the National Immunization schedule. Adolescents and adults should consider getting the Tdap booster shot to maintain immunity.
- **Hygiene practices:** Regular handwashing with soap and water or the use of alcohol-based hand sanitizers can reduce the risk of spreading infections.
- **Respiratory etiquette:** Cover your mouth and nose with a tissue or your elbow when coughing or sneezing to prevent the spread of respiratory droplets. Wearing of face mask.
- **Avoid crowded places:** Limiting exposure to crowded places, especially during outbreaks, can reduce the risk of contracting or spreading pertussis.

Immediate and wide dissemination of this Memorandum is desired.

Schools Division of Digos City
RECORDS SECTION

Melanie P. Estacio
MELANIE P. ESTACIO, PhD, CESO VI
Schools Division Superintendent
Office-in-charge *[Signature]*

RECEIVED
24-119595
DATE: APR 23 2021 TIME: 1:10pm
BY: *[Signature]*

Enclosed: As stated.
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DATE: 22 APR 2024 TIME: 10:57

Office of the Regional Director

REGIONAL MEMORANDUM
ESSD-2024-169

To : Schools Division Superintendents
Chief Education Supervisor, ESSD

Subject: HEALTH UPDATES ON HEAT STROKE, MEASLES AND PERTUSSIS

Date : March 19, 2024

Pursuant to Memorandum OUOPS No. 2024-09-02835 from Atty. Revsee A. Escobedo, Undersecretary for Operations, which gives updates on heat stroke, measles, and pertussis for information and observance of appropriate measures.

Immediate and wide dissemination of this Memorandum is desired.

ALLAN G. FARNAZO
Director IV

Enclosed: As stated

By the Authority of the Regional Director:

ROE/smtc

DEPARTMENT OF EDUCATION
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RELEASED

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ROY T. ENRIQUEZ
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APR 19 2024

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MEMORANDUM

DM-OUOPS-2024-09 02835

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**TO : REGIONAL DIRECTORS
 SCHOOLS DIVISION SUPERINTENDENTS
 PUBLIC AND PRIVATE ELEMENTARY AND SECONDARY
 SCHOOLS
 ALL OTHERS CONCERNED**

FROM : ATTY. REVSEE A. ESCOBEDO
Undersecretary for Operations

SUBJECT : HEALTH UPDATES

DATE : April 4, 2024

This Office issues the following Health Updates on Heat Stroke; Measles and Pertussis.

Heat-related illnesses become more prevalent with extreme temperatures. The Philippine Atmospheric Geophysical and Astronomical Services Administration (PAGASA) classified temperatures ranging from 33-41 degrees Celsius as "extreme caution" while 42-51 degrees Celsius as "danger." Such temperatures can lead to heat cramps and heat exhaustion and heat stroke. Fainting may be the first sign, and other symptoms may include: fatigue, dizziness, headache, vomiting, and light-headedness, while prolonged heat exposure increases the probability of heat stroke, a serious condition characterized by loss of consciousness, confusion, or seizures, which can be deadly if left untreated. The following measures may be observed, if any heat-related illness symptom is noted:

- Move the individual to a shaded or cool area;
- Provide proper ventilation;
- Remove the person's outer clothing;
- Attempt to cool the person's temperature by applying cold compresses, ice packs, cold water, or wet cloth against the skin (especially on their head, face, neck, armpits, wrists, ankles, and groin);
- Encourage them to drink cool water; and
- Contact medical services or bring them to the hospital.

Measles is a highly contagious viral disease that causes fever and rash that affects children which can be fatal when it finally affects the respiratory system, most commonly leading to pneumonia. The virus is very easily spread via infected airborne particles through coughing, sneezing, or even just talking. These particles can then be inhaled by another person, thus causing infection. The virus can also



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be spread through direct contact with infectious droplets, as when a person touches a surface containing such droplets and subsequently touches his eyes, nose, or mouth. Since measles is viral in nature, thus it resolves on its own, as the body gradually builds immunity against it. There is no specific treatment against the virus. Treatment is supportive, which includes having a nutritious diet, adequate fluid intake or rehydration (especially if the patient develops diarrhea) and enough rest. If complications arise, other medications are given (e.g. antibiotics for complicated infections like pneumonia and ear infections, rehydration for diarrhea). Vitamin A supplementation may also be recommended, since Vitamin A deficiency is a known risk factor for developing more severe measles. Vaccination against measles confers lifelong immunity. As much as possible, the vaccine should be administered during the routine, doctor-recommended schedule during infancy and childhood (beginning as early as 9 months) to provide protection as early as possible. It is usually given as a combination that also protects against rubella and mumps.

Pertussis, also known as whooping cough, is a bacterial infection that affects the respiratory tract characterized by severe coughing fits followed by a "whooping" sound. The disease is highly contagious, spreading through respiratory droplets when an infected person coughs or sneezes. Initial symptoms mimic those of a common cold, including mild fever, runny nose, and cough, but can progress to severe coughing fits. Pertussis can affect individuals of any age, but poses the greatest risk to children under five years old, especially those who are unvaccinated or have weakened immune systems. The following are the safety protocols:

- **Vaccination:** Ensure that all children receive the DTaP vaccine (Diphtheria, Tetanus, and acellular Pertussis) according to the national immunization schedule. Adolescents and adults should consider getting the Tdap booster shot to maintain immunity.
- **Hygiene practices:** Regular handwashing with soap and water or the use of alcohol-based hand sanitizers can reduce the risk of spreading infections.
- **Respiratory etiquette:** Cover your mouth and nose with a tissue or your elbow when coughing or sneezing to prevent the spread of respiratory droplets. Wearing of face mask.
- **Avoid crowded places:** Limiting exposure to crowded places, especially during outbreaks, can reduce the risk of contracting or spreading pertussis

Immediate dissemination of this Memorandum is desired.