



Republic of the Philippines
Department of Education
NATIONAL CAPITAL REGION



REGIONAL MEMORANDUM

No 377, s. 2024

TO : Schools Division Superintendents
Public and Private Elementary and Secondary Schools
All Others Concerned

FROM : **JOCELYN DR. ANDAYA**
Director IV

SUBJECT : **HEALTH UPDATES**

DATE : April 19, 2024

1. Enclosed is a copy of Memorandum OM-OUOPS-2024-09-02835 signed by Atty. Revsee A. Escobedo, Undersecretary for Operations, dated April 04, 2024 titled "**HEALTH UPDATES**" which gives safety protocols on Heat Stroke, Measles and Pertussis.
2. The contents of which are self-explanatory, for information, guidance and appropriate action of all concerned.
3. Immediate dissemination and compliance to the Memorandum is desired.

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Republika ng Pilipinas

Department of Education

OFFICE OF THE UNDERSECRETARY FOR OPERATIONS

MEMORANDUM

DM-OUOPS-2024-09 02835

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

FROM : ATTY. REVSEE A. ESCOBEDO;
Underscretary 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.