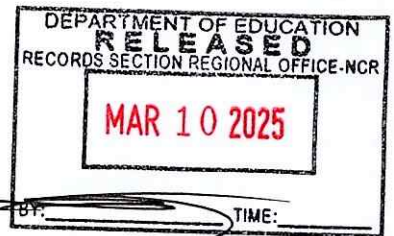




Republic of the Philippines
Department of Education
NATIONAL CAPITAL REGION



March 6, 2025

REGIONAL MEMORANDUM

No. 210, s. 2025

To: Schools Division Superintendents
All Others Concerned

REMINDERS ON HEAT INDEX AND SAFETY PRECAUTIONS FOR DEPARTMENT OF EDUCATION (DEPED) NATIONAL CAPITAL REGION (NCR) LEARNERS AND SCHOOL PERSONNEL

1. In light of the recent advisories issued by the Philippine Atmospheric, Geophysical and Astronomical Services Administration (PAGASA), the Department of Education (DepEd) National Capital Region (NCR) reminded all Schools Division Offices to implement necessary precautions to safeguard the health and well-being of learners, teaching and non-teaching personnel.

2. As per PAGASA's advisory, temperatures that may pose risk such as heat exhaustion, dehydration, and heat stroke, particularly among learners, teaching and non-teaching personnel. To ensure everyone's safety, all Schools Division Offices are directed to disseminate the following safety measures to all schools under their jurisdiction:

- a. Ensure proper hydration to encourage learners and school personnel to drink adequate amounts of water throughout the day and avoid sugary, caffeinated, or alcoholic beverages that contribute to dehydration.
- b. Wear light and comfortable clothing opt for loose, light-colored, and breathable clothing to help stay cool (no leggings, sandos or sleeveless).
- c. Use protection against the sun if staying outdoors is necessary, wear a hat, use of an umbrella, and apply sunscreen to prevent sunburn.
- d. Limit outdoor activities as much as possible, avoid strenuous activities, especially between 10:00AM and 4:00PM, when the heat is most intense.
- e. Provide adequate ventilation and cool down strategies to ensure that classrooms and offices are well-ventilated. Use fans or open windows and doors to improve air circulation, take cool showers or baths, use cool, damp cloths on neck and wrists and rest in shaded or cool areas.



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- f. Educate on heat-related illness, schools should conduct information campaigns to raise awareness about symptoms of heat-related illness (e.g., dizziness, excessive sweating, nausea, confusion, rapid heart beat, high body temperature) and to seek immediate medical attention when needed.
 - g. Special considerations to learners and school personnel with chronic health conditions are more vulnerable, overweight maybe at higher risk, athletes need extra monitoring, and ensure adult supervision during hot weather activities.
 - h. For emergency response, if a learner and school personnel shows signs of heat exhaustion or heat stroke, move them to a cool place, remove excess clothing, apply cool, wet cloths to body, provide water if the learner or school personnel is conscious and call emergency services if symptoms are severe.
3. For information and guidance of all concerned.
 4. Immediate and wide dissemination of this Memorandum are desired.


JOCELYN DR ANDAYA
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Concurrent Officer-In-Charge
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Operations