



FEB 13 2008

DepED MEMORANDUM

No. 72, s. 2008

PREVENTING DENGUE UPSURGE IN SCHOOLS

To: Bureau Directors
Directors of Services/Centers and Heads of Units
Regional Directors
Schools Division/City Superintendents
Heads, Public and Private Elementary and Secondary Schools

1. In support to the Department of Health's intensified campaign against Dengue, this Memorandum is re-issued to ensure the safety of the pupils/students in the schools.
2. School officials are hereby instructed to take the lead in maintaining sanitation in the school environs and to continuously mobilize school health and nutrition personnel to disseminate information on the prevention and control of Dengue H-Fever. Flip charts and CDs "Ang Dengue" will be distributed by the Department of Health to all regions/divisions for advocacy purposes.
3. Close collaboration should be made with the Parent-Teacher-Community Associations (PTCAs), Local Government Units (LGUs), Municipal Health Officers (MHOs) on the conduct of the 4-S Strategy Against Dengue, which are:
 - a. Search and Destroy mosquito breeding sites;
 - b. Seek early treatment;
 - c. Self protection; and
 - d. Say NO to indiscriminate fogging.
4. Enclosed is an information on Dengue H-Fever for ready reference.
5. Immediate dissemination of this Memorandum is desired.

Ramon C. Bacani
RAMON C. BACANI
Undersecretary

Encl.: As stated

Reference: DepED Memorandum: No. 232, s. 2007

Allotment: 1- -(D.O. 50-97)

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

HEALTH EDUCATION PUPILS SCHOOLS STUDENTS

Ano ang dapat Gawin sa inaakalang May Dengue?

- Para sa lagnat bigyan ng Paracetamol, punasan ang pasyente ng bimpo na binasa ng tubig para maginhawahan ito at painumin ng maraming tubig.
- Huwag painumin ng Aspirin. Maaring maging sanhi ito ng pagdurugo.
- Kumunsulta sa doctor sa pinakamalapit na health center o hospital.

KUNG MAY LAGNAT NG DALAWANG ARAW, PUMUNTA AT KOMUNSUULTA AGAD SA PINAKAMALAPIT NA HEALTH CENTER O OSPITAL

PUKSAIN ANG KITI-KITI SUGPUIN ANG DENGUE

DOH it na!

Para sa karagdagang impormasyon, tumawag sa :

National Center for Disease Prevention & Control
7116808/7438301 local 2350-2352



National Center for Health Promotion
Department of Health
Manila

Mga

dapat

Malaman

Tungkol

sa

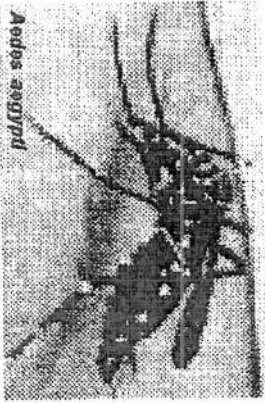
DENGUE

Ano ang Dengue?

Ang dengue ay isang sakit na sanhi ng mikrobyong "Dengue virus".

Paano nakukuha ang Dengue?

Ang dengue ay nakukuha sa kagat ng larmok, natinatawag na *Aedes aegypti* at *Aedes albopictus*, na meron ng dengue virus na nakuha niya pagkatapos kumagat sa taong may dengue.



Aedes aegypti

Ang larmok na ito'y nangangagat sa araw at nangingingitlog sa ano mang bagay o lalagyang naipunan ng malinaw na tubig. Ito'y namamahay sa madilim na parte ng loob at paligid ng bahay.

Ano ang Mga Palatandaan ng Dengue?

- Sa umpisa: lagnat na tumatagal ng 3-5 araw, matinding sakit ng ulo, pananakit ng kalamnan at kasukasuan, panghihina, at walang ganang kumain.
- Kasabay ng pagbaba ng lagnat, ay pagitiaw ng mapupulang butil - "rashes" - sa iba't ibang parte ng katawan.
- Maaaring magkaroon ng pagdurugo ng ilong at gilagid o pagsuka ng dugo o pagdumi nang maitim.

Paano maiwasan ang Dengue?

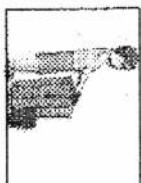
- Ang "fogging" ay pansamantalang paraan lamang ng pag-iwas sa dengue. Ang mabisang pagsugpo ng dengue ay ang pag-alis ng mga lalagyang maaaring pag-ipunang tubig at pangitlog ng larmok.

Gawin ang mga sumusunod:

- Butasan o biyakin ang mga lumang gulong upang hindi maipunan ng tubig at pangitlog ng larmok.



- Takpan ang mga drum, timba at iba pang ipunan ng tubig upang hindi pamahayan ng kiti-kiti.



- Palitan ang tubig ng plorera o flower vase minsan isang linggo.



- Linisin at alisin ang tubig sa paminggalan.



- Linisin ang alulod ng bahay upang hindi maipunan ng tubig at pamahayan ng kiti-kiti.



- Itapon ang iba pang bagay na maaaring pag-ipunang tubig at pangitlog ng larmok tulad ng fata, bote at tansan.



- c. Direct all fogs at all possible mosquito resting sites, bushes, covered drains, tree-shaded areas and hedges.

Post fogging

Instruction to houseowners

- a. Conduct clean-up activities such as removal or disposal of all unnecessary containers in the vicinity of their houses. Clean clogged gutters, puncture or cut into halves discarded tires. Do this regularly.

Instruction to fogging team

- 1. Dispose insecticide containers properly by burying in dug pits away from water sources.
- 2. Never re-use insecticide containers.
- 3. Do not throw left-over insecticide in canals, streams or garbage.

The "4 S Against Dengue"

- **Search and Destroy** breeding places of dengue-causing mosquitoes such as old tires, coconut husks, roof gutters, discarded bottles, flower vases and other containers that can hold clean stagnant water; use
- **Self-protection Measures** such as wearing of long-sleeve shirts and long pants and using mosquito repellants;
- **Seek Early Consultation** when early signs such as fever and rashes set in; and
- **Say No to indiscriminate Fogging** except for outbreak

DOH it na!

Para sa karagdagang impormasyon, tumawag sa:
 National Center for Disease Prevention & Control
 7116808/7438301 local 2350-2352



National Center for Health Promotion
 Department of Health
 Manila

GUIDELINES

ON



**FOGGING
 OPERATIONS**

DENGUE HEMORRHAGIC FEVER

WHAT IS DENGUE H-FEVER?

Dengue Hemorrhagic Fever (DHF) is an acute infectious viral disease usually affecting infants and young children. It is characterized by fever during the initial phase, and other symptoms like headache, pain in the eye, joint pain, muscle pain, etc., followed by signs of bleeding, e.g., *petechiae* (red tiny spots on the skin), nosebleeding, gumbleeding. If there is blood in the stools and/or blood in the vomitus and accompanied by shock, this is called Dengue Shock Syndrome and is often fatal.

Aedes aegypti, the transmitter of the disease, is a day-biting mosquito which lays eggs in clear water container, such as flower vases, cans, rain barrels, old rubber tires, etc. The adult mosquitoes nest in dark places of the house.

WHAT ARE THE SYMPTOMS OF DENGUE H-FEVER?

1. Sudden onset of high fever which may last 2 to 7 days
2. Joint and muscle pain and pain behind the eyes.
3. Weakness
4. Skin rashes – *maculopapular* rash or red tiny spots on the skin called *petechiae*
5. Nosebleeding when fever starts to subside
6. Enlargement of liver
7. Vomiting of coffee-colored matter
8. Dark-colored stools

HOW TO PREVENT DENGUE H-FEVER

- The community should organize themselves to remove all possible breeding places of mosquitoes inside and outside of houses such as tin cans, rubber tires, bottles or drain accumulated water from trees and plants.
- Cover water storage containers to prevent breeding of mosquitoes.
- Clean house gutters to prevent stagnation of rain water.
- Isolate patients suffering from Dengue H-Fever for at least 5 days.
- Report to the nearest health center any suspected case of Dengue H-Fever in the neighborhood.