



MAY 21 2009

DepED MEMORANDUM  
No. 238, s. 2009

**ANTI-INFLUENZA A (H1N1) CAMPAIGN 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  
Vocational School Superintendents/Administrators

1. In response to the national threat brought about by the effects of Influenza A (H1N1) to the populace, this Department shall vigorously implement an Anti-Influenza A (H1N1) Campaign in all schools nationwide.

2. Regional directors are hereby instructed to execute immediately the following:

A. Mobilization for anti-Influenza A (H1N1) Campaign

- Create Anti-Influenza A (H1N1) Task Forces at the regional, division and district levels to oversee all school Anti-Influenza A (H1N1) activities and take the lead in coordinating with the DOH/DILG Task Forces at their respective levels relative to the implementation of the National Anti-Influenza A (H1N1) Action Plan, including mapping out of contingency plans, in case a probable or suspect case of Influenza A (H1N1) is identified in the area;
- Mobilize all school health and nutrition personnel and Alternative Learning System (ALS) Coordinators to disseminate information on Influenza A (H1N1) to the pupils/students, teachers and non-teaching personnel;
- Mobilize all student government organizations, scouts and youth leaders to create awareness on Influenza A (H1N1) and assist in the monitoring of Influenza A (H1N1) prevention activities;
- Implement the Preventive Alert System in all schools (see Enclosure No. 1); and
- Establish DepED Anti-Influenza A (H1N1) Hotlines in all regional and division offices (see Enclosure No. 2).

## B. Health Information Dissemination and Education

- Orient all schools on DepED Anti-Influenza A (H1N1) Campaign in schools;
- Hold meetings with the Parent-Teacher-Community Associations (PTCAs) giving emphasis on proper nutrition and personal hygiene of their children and the importance of environmental sanitation;
- Publish updates on Influenza A (H1N1) prevention in all school papers/organs/newsletters; and
- Intensify health education in the classroom giving emphasis on personal hygiene, eating of balance diets and environmental sanitation.

## C. Collaboration with Other Stakeholders

- Establish close collaboration with Parent-Teacher-Community Associations, Local Government Units, Municipal Health Offices on:
  - identification of residents in the community who have come from any Influenza A (H1N1) affected country/area;
  - referral of pupils/students/teachers with fever or who suffer from respiratory infection;
  - delineation of responsibilities between and among the agencies;
  - maintenance and assessment of the implementation of the local Anti-Influenza A (H1N1) Action Plan; and
  - information and educational campaign against Influenza A (H1N1).

3. All school heads and health personnel are likewise instructed to conduct an intensive information campaign among parents and teachers on the prevention of Influenza A (H1N1), and to take the lead in the clean-up drive to prevent diseases during the National Schools Maintenance Week (Brigada Eskwela) on May 18-25, 2009.

4. All Regional Health and Nutrition Unit Staff and Division Schools Medical Officers shall be trained as trainers on the various aspects of the Anti-Influenza A (H1N1) campaign, more particularly on the strategies to prevent Influenza A (H1N1) and what to do in case a suspect is identified in the community. The Regional/Division Anti-Influenza A (H1N1) Action Plans shall be formulated during the training and the trained staff shall immediately operationalize such plans in their areas of responsibility.

5. Regional Directors shall prepare and submit monthly reports to the Office of the Secretary, through the Health and Nutrition Center, on the accomplishments and actions taken in compliance with this Memorandum.

6. Enclosed for ready reference are the relevant information on Influenza A (H1N1) (Enclosure No.3) for use in informing the stakeholders on the nature, transmission, signs and symptoms, prevention and control of Influenza A (H1N1), Guidelines on the Operationalization of the Preventive Alert System (Enclosure No. 1) and the DepED Anti-Influenza A (H1N1) Hotlines (Enclosure No. 2).

7. Immediate dissemination of and compliance with this Memorandum is desired.



**JESLI A. LAPUS**  
Secretary

Encls.:

As stated

Reference:

DepED Memorandum: No. 206, s. 2009

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

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

CAMPAIGN  
HEALTH EDUCATION  
SCHOOLS

R-Maricar/DO-H1N1 Campaign  
05-15-09

**OPERATIONALIZING THE PREVENTIVE ALERT SYSTEM IN SCHOOLS (PASS)**

1. The Preventive Alert System in Schools (PASS) is a systematic relay of information on a child's or teacher's state of health to appropriate personnel and/or agencies in the locality.
2. All school heads shall operationalize the PASS in their respective schools.
3. Teachers-in-charge shall explain in class how the PASS works:
  - Pupils/students will observe the well-being of their own classmates and if someone among them is not feeling well or has colds/cough and feverish, the sick pupil/student will be reported to the teacher for validation.
  - The early morning health inspection shall be conducted routinely by the teacher to detect the presence of fever and other signs and symptoms of infection. The teacher shall keenly observe the health status of each pupil in the classroom. If he/she finds out that a child is sick, this case shall be reported immediately to the principal.
  - The principal shall notify the family/guardian of the sick child. A face mask should be worn by the feverish person and immediately referred to the school physician for evaluation using Influenza A (H1N1) screening for persons with fever or history of fever. If the school does not have a physician, the nearest health center physician/municipal health officer or rural health midwife shall be consulted.
  - Depending on assessment, the student, teacher or another employee who has fever regardless of cause will be requested for home quarantine for 14 days.
  - The illness of the student, teacher or another school employee should be closely followed up by the health personnel.
  - School children on home quarantine shall be provided lessons/materials for home study.
4. The Procedures for Outpatient Screening for Influenza A (H1N1) and the School Influenza A (H1N1) SOP shall be used by all health personnel in the detection of cases.
5. The school principals shall closely coordinate with the baranggay health workers and with the municipal health officers/Anti- Influenza A (H1N1) Task Force, relative to any resident in the community who has traveled to and returned from an Influenza A (H1N1)-affected country/area.
6. School heads shall conduct daily monitoring of health status of children and personnel, and maintain a record on health status.
7. School principals are expected to take the lead in operationalizing the PASS and to relay relevant/urgent information to the Schools Division Superintendent/Anti-Influenza A (H1N1) Task Force and such information be likewise relayed to the Office of the Secretary, Attention: Health and Nutrition Center, utilizing the DepED Hotlines (Enclosure B).

**DepED HOTLINES**

<b>DepED Central Office Anti-Influenza A (H1N1) Hotline</b>		<b>(02) 633-7245</b>
<b>Regional Office Hotlines</b>		
I		(072)888-6237
II		(078)844-7412
III		(045)860-0827
IV-A		(02)682-1224
IV-B		(02)637-3553
V		(052)821-1143
VI		(033)337-8303
VII		(032)414-7322
VIII		(053)323-4112
IX		(062)215-3747
X		(08822)714-792
XI		(082)227-9342
XII		(064)421-5946
ARMM		(064)390-1465
CAR		(074)422-4074
CARAGA		(085)342-8207 LOCAL 118
NCR		(02)920-1490

**DOH Referral Centers for Emerging and Re-emerging Infectious Diseases**

**National Referral Center**

Research Institute for Topical Medicine (RITM)  
Alabang, Muntinlupa, Metro Manila  
Tel. No. 809-7599

**Sub-National Referral Center**

**A. Luzon and Metro Manila**

San Lazaro Hospital  
Quiricada St., Sta. Cruz, Manila  
Tel. No. (02)732-3776 to 78

Lung Center of the Philippines  
Quezon Avenue, Quezon City  
Tel. No. (02)924-6101/924-0707

**B. Visayas**

Vicente Sotto Medical Center  
Cebu City  
Tel. No. (032)253-9891/254-00-57

**C. Mindanao**

Davao Medical Center  
Bajada, Davao City  
Tel. No. (082)221-6574

**Satellite Referral Hospital**

Regional Hospitals/Medical Centers of 16 regions

## **STOP INFLUENZA A (H1N1)**

### **What is Influenza A (H1N1)? What causes it?**

Influenza A is caused by a novel virus that resulted from the reassortment of four (4) viruses from pigs, humans and birds. It is the most common cause of influenza (flu) in humans, including the 1918 Spanish Flu pandemic which killed 50-100 million people worldwide.

### **What are the signs and symptoms of Influenza A (H1N1)?**

- Similar to the symptoms of regular flu such as:
  - Fever
  - Headache
  - Lack of appetite
  - Runny nose
  - Sore throat
  - Cough
  
- Other signs:
  - Nausea or vomiting
  - Diarrhea

### **How is Influenza A (H1N1) transmitted?**

A person can be infected through droplets from the cough and sneeze of an infected person. It is not transmitted by eating thoroughly cooked food.

### **How can we avoid Influenza A (H1N1)?**

There is no vaccine yet to protect humans from the virus. However the following measures should be done to prevent infection:

- Cover your nose and mouth when coughing and sneezing
- Always wash hands with soap and water
- Use alcohol-based hand sanitizers
- Increase your body's resistance by:
  - Having at least 8 hours of sleep
  - Being physically active
  - Managing your stress
  - Drinking plenty of fluids
  - Eating nutritious foods

**From now on, everybody with fever and signs of infection should not go to school or to work and should avoid being near other people.**

### ***How can we prevent Influenza A (H1N1) in the school and surrounding community?***

The school should prepare itself to detect and isolate students who may come down with Influenza A (H1N1). A School Influenza A (H1N1) Prevention and Control Standard Operating Procedure should be developed and widely disseminated. This SOP should include all the school activities to inform the parents and students about Influenza A (H1N1) and how to avoid it, and the procedures to follow when a student, a teacher or other school employees develop a fever. The most important procedure is to ensure that all students and other school employees stay home at the first sign of fever. Attached, Annex 1, is a list of the most important items that should be included in the School Influenza A (H1N1) SOP.

The school should be aggressive in its information drive to inform parents of the importance of cooperation with the SOP. Children should also cooperate fully so that they come forward when they feel febrile or weak. However, care must be taken to avoid malingering.

An important component of Influenza A (H1N1) prevention is keeping the school premises and contact surfaces clean and disinfected. Daily dis-infection with the standard bleaching agents will prevent the virus from growing in the toilets and other wet areas. Mopping and drying after dis-infection will also prevent viral growth.

The school health personnel should also learn to identify Influenza A (H1N1) suspect. A place should be provided to separate the febrile patient from the others who maybe be suffering from non-febrile illness. Basic supplies, such as face masks, soap and water for hand washing, should also be provided.

The community around the school, including the vendors, school bus drivers and other people who come in contact with the students and school employees should also be provided with adequate awareness on Influenza A (H1N1) and their cooperation should be sought.

***What are the other roles of the school in terms of prevention and control of Influenza A (H1N1)?***

The school should also be the source of timely and accurate information on Influenza A (H1N1). The schools should receive the official announcement from the department of Health and should disseminate these. Unconfirmed rumors should not be disseminated, instead, these should be verified through the official channels of the Department of Education.

Much can be done by the schools and colleges through consistent messages and appeal for public cooperation, especially for immediate detection of suspect Influenza A (H1N1) and quarantine, a difficult but necessary sacrifice for the other members of the community. Good personal hygiene can be installed if these are started among the very young children. These practices should include covering the mouth and nose when coughing, frequent hand washing especially after coming from the toilet, and no spitting anywhere.

***What should be done if a student, a teacher, administrator or school employee gets Influenza A (H1N1)?***

If a student, teacher or employee was detected to have Influenza A (H1N1), the school should assist the health authorities and local baranggay leaders in identifying the persons who got into close contact with the patient. They should help convince these contracts to go into quarantine and/or treatment. When the patient recovers from Influenza A (H1N1), he or she should be assisted in integrating back into the school and community.

***What should the school physician/nurse or administrator report to the DOH? To the DepED? When and how?***

Aside from the cases of suspected Influenza A (H1N1), the DOH does not inquire other information from the schools. School physicians, might want to monitor the cases of fever in their schools to detect any rise, but this should be done not only for Influenza A (H1N1) but for other illnesses like dengue and measles as well. Appropriate prevention and control measures can be done when outbreaks in the school are detected early enough.

***What should the school administrator do if the school does not have a school physician or nurse?***

Schools with no school physicians or nurse can make arrangements with the local municipal health officer or rural health midwife for screening of patients with fever or history of fever.

***What should the school teach the students about Influenza A (H1N1)?***

All students and employees of the school should know what Influenza A (H1N1) is, what causes it, how it is transmitted and avoided so that they will not be scared of it or panic about it. Cooperation will prevent the spread of Influenza A (H1N1).

***What should the school tell the parents about Influenza A (H1N1)?***

Parents will be afraid that their children might get the disease in the school. Reassure them by explaining what Influenza A (H1N1) is, how this is avoided and what the school is doing to protect the children but demand their commitment to cooperate with all the standard procedures implemented by the school.



**Essential Contents of the School Influenza A (H1N1) SOP**

- Routine daily temperature taking before going to school.
- Routine washing of hands with soap and water before class, in between subjects, and after using the toilet.
- Home stay (with avoidance of contact with family members who are well) for students, teachers and other employees who came down with fever, until 2 days after the fever subsides.
- What to do when a student, teacher or other school employee is detected to have fever while in the school? (Usually this should include putting a face mask on the feverish person and taking him to the school physician for evaluation using the Influenza A (H1N1) screening for persons with fever or history of fever; if the school does not have a physician, the nearest health center physician or rural health midwife can be consulted).

Depending on assessment, the student teacher or employee will be sent home immediately (conduct home visit if possible) or referred to an Influenza A (H1N1) referral hospital for further assessment or confinement. The student, teacher or school employee who are sent home should be followed up.

- The SOP should also include the persons who will be responsible for teaching parents, students and others about Influenza A (H1N1), and other activities on Influenza A (H1N1) prevention and control.