



MAR 04 2010

DepEd MEMORANDUM  
No. **92**, s. 2010

**HEALTH ADVISORY ON DISEASES DURING SUMMER AND EL NIÑO**

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

1. With the coming of the summer months and in response to the onslaught of the El Niño phenomenon, the Department of Education (DepEd) hereby reiterates the following advisories issued by the Department of Health (DOH):

**a. Summer Time** (Diseases/Conditions to watch out during summer time)

March to May is vacation time and fiesta season in the country. To avoid food poisoning, diarrhea, heat-associated ailments and recreation-associated injuries, the public is advised to take the following precautions for:

- Food and Water-borne Diseases
  - Typhoid
  - Cholera
  - Hepatitis A
  - Food Poisoning
  - Diarrhea
- Sore Eyes
- Measles (Tigdas)
- Mosquito-borne Diseases
  - Dengue
- Malaria
- Other Conditions
  - Sunburn
  - Prickly Heat

**Health Tips/Precautions:**

1. Food and drinks
  - Cook food properly
  - Preferably, food must be eaten immediately after cooking (while still hot)
  - Left-over food should be refrigerated and reheated before being eaten



- Food handlers should wash their hands before and after food preparation
- If sick, you should avoid preparing food for others
- Avoid drinking water and iced beverages of doubtful quality
- If water quality is doubtful, boil your drinking water for at least 2 minutes
- Peel and wash fruits/vegetables before eating
- Wash hands before and after eating

## 2. At the beach

- Do not allow children to swim without the company of an adult who can swim
- Avoid staying under the sun with scanty clothes for more than 3 hours as this predisposes to sunburn, heat exhaustion and the worst, heat stroke
- Should you want a tan, drink plenty of fluids so as not to dehydrate yourself

## 3. While on the road

- Check your vehicle very well before going on a trip
- Bring your repair kit with you
- When drunk, never attempt to drive

### **b. *El Niño Phenomenon***

The El Niño phenomenon is characterized by extreme climatic conditions; extreme temperature rise with a little rainfall, and at the opposite extreme, there is unusually heavy rainfall.

#### Health Effects

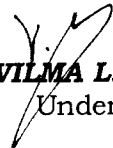
- Diseases related to water scarcity or shortage such as diarrhea and skin diseases
- Red Tide Blooms: Paralytic shellfish poisoning
- Disorders associated with high temperatures: heat cramps, heat exhaustion, exertional heat injury and heat stroke

#### What to do?

- Conserve water and use it wisely
- Protect water sources from contamination
- Drink more fluids
- Listen to the updates on shellfish ban
- Wear light clothing
- Avoid strenuous physical activity

2. School officials are hereby instructed to advise school health and nutrition personnel to communicate the prevention of the aforesaid diseases/conditions to the school populace.

3. Immediate dissemination of this Memorandum is desired.

  
**VILMA L. LABRADOR**  
Undersecretary

Reference:

None

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

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

HEALTH EDUCATION  
SCHOOLS

R-Maricar/DM-Diseases during summer  
03-01-10