



Republic of the Philippines
Department of Education

SEP 05 2012

DepEd MEMORANDUM
No. **153**, s. 2012

PREVENTING LEPTOSPIROSIS AND OTHER HEALTH DISEASES IN SCHOOLS

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

1. In view of the new cases of Leptospirosis and other health diseases reported recently in areas affected by floods, the Department of Education (DepEd) issued this Memorandum in order to take precautionary measures to protect the school populace.

2. The regional directors (RDs) and schools division/city superintendents (SDSs) are encouraged to conduct the following activities immediately:

a. **Mobilization for the Prevention and Control of Leptospirosis and Other Health Diseases**

- Mobilize all school health and nutrition personnel to disseminate information on the prevention and control of Leptospirosis and other health diseases prevalent during the rainy season.
- Mobilize all student government organizations, scouts and youth leaders to create awareness on Leptospirosis and other health diseases.

b. **Health Information Dissemination and Education**

- Orient all school heads (SHs) on the prevention and control of Leptospirosis and other health diseases in schools.
- Disseminate information through the pupils and students and or through the Parents-Teachers Associations (PTAs).
- Publish updates on Leptospirosis and other health diseases prevention in all school paper/organs/newsletters.
- Intensify health education in the classroom.

c. **Collaboration with Other Stakeholders**

- Establish close collaboration with PTAs, local government units (LGUs), municipal health offices on the following:
 - Referral of pupils and students and teachers with fever who suffer from respiratory and other infections;
 - Delineation of responsibilities between and among agencies;
 - Maintenance of environmental sanitation in schools and communities;
 - Monitoring and assessment of the implementation of the local Anti-Leptospirosis activities; and
 - Information and education campaign against Leptospirosis and other health related diseases.

3. The basic information on Leptospirosis and other health diseases is enclosed for reference.

4. Immediate dissemination of this Memorandum is desired.



BR. ARMIN A. LUISTRO FSC
Secretary

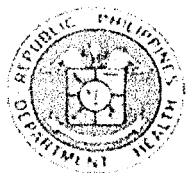
Encl.: As stated

Reference: None

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

CAMPAIGN
HEALTH EDUCATION
SCHOOLS

Rhea/R-DM- Preventing Leptospirosis in Schools
1532/August 29, 2012

(Enclosure to DepEd Memorandum No. 153, s. 2012)

Republic of the Philippines
Department of Health
Kagawaran ng Kalusugan

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Leptospirosis

Submitted by admin on May 5, 2011 - 14:56

Cause: Leptospira bacteria

Incubation Period: 7-10 days

Mode of Transmission:

- Entry of the leptospira bacteria through wounds when in contact with flood waters, vegetation, moist soil contaminated with the urine of infected animals, especially rats.

Signs and Symptoms:

- Fever
- Non-specific symptoms of muscle pain, headache
- Calf-muscle pain and reddish eyes from some cases
- Severe cases result to liver involvement, kidney failure or brain involvement. Thus some cases may have yellowish body discoloration, dark-colored urine and light stools, low urine output, severe headache.

Treatment:

- Antibiotics duly prescribed by a physician.
- Early recognition and treatment within two days of illness to prevent complications of leptospirosis, so early consultation is advised.

Prevention and Control:

- Avoid swimming or wading in potentially contaminated water or flood water.
- Use of proper protection like boots and gloves when work requires exposure to contaminated water.
- Drain potentially contaminated water when possible.
- Control rats in the household by using rat traps or rat poison, maintaining cleanliness in the house.

LEPTOSPIROSIS NAKAMAMATAY!

- Iwasang lumangoy, lumusong at maglaro sa baha.
- Gumamit ng bota kung kailangang lumusong sa baha.

- Sumakay sa bangka or rubber boats kung aalis ng bahay.

Mga Palatandaan ng Leptospirosis:

- Lagnat
- Panginginig ng katawan o "Chills"
- Pananakit ng ulo, binti, kalamnan at kasu-kasuan
- Pamumula ng mga mata
- Paninilaw ng balat
- Nahihirapang umihi

Kung may lagnat ng 2 araw, agad na komunsulta sa doktor.

Buhay ay mahalaga, huwag lumusong sa baha.

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HEALTH ADVISORY



National Center for Health Promotion
National Center for Disease Prevention and Control

INFLUENZA

- ❖ Caused by influenza virus (A,B or C)

Incubation Period: 1-3 days

Mode of transmission:

Entry of the virus into the respiratory tract:

- ❖ Via droplets from an infected person through coughing, talking and sneezing.
- ❖ Through contact with the surfaces, material and clothing contaminated with discharge of an infected person.

Signs and Symptoms:

- ❖ Fever of at least 38° C
- ❖ Headache
- ❖ Runny nose, sore throat, cough or other respiratory manifestations
- ❖ May or may not have muscle joints pains

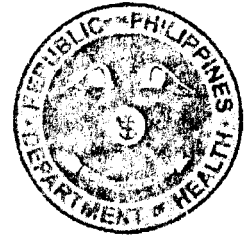
Treatment:

- ❖ Use of antiviral agents within the first two days may halt the course of influenza illness. Consult your physician regarding antiviral agents.
- ❖ Take paracetamol for fever.
- ❖ Aspirin should not be given to children.
- ❖ Antibiotics to be given only to complications of influenza such as pneumonia or otitis media as advised by the doctor.
- ❖ Take adequate rest.
- ❖ Increase intake of oral fluids and eat nutritious foods.

Prevention:

- ❖ Get influenza vaccination preferably anytime from February to June.
- ❖ Provide separate room to a person sick with influenza.
- ❖ Cover mouth and nose when sneezing or coughing to prevent spread of the virus.
- ❖ Avoid crowded places.
- ❖ Distance yourself from at least 1 meter from people who are coughing or are sick with influenza.
- ❖ Wash hands frequently with soap and water.

HEALTH ADVISORY



National Center for Health Promotion
National Center for Disease Prevention and Control

TYPHOID fever

Cause: salmonella typhi bacteria

Mode of Transmission:

- ❖ Ingestion of food and water contaminated with human waste

Signs and Symptoms:

- ❖ Sustained high fever
- ❖ Headache
- ❖ Malaise (weakness)
- ❖ Anorexia (loss of appetite)
- ❖ Diarrhea or constipation and abdominal discomfort

Prevention and Control:

- ❖ Boil water for drinking. (Upon reaching boiling point, extend boiling for 2 more minutes) or
- ❖ Do water chlorination
- ❖ Cook food well and always used food cover to prevent flies and other insects from contaminating them.
- ❖ Wash thoroughly all vegetables and fruits especially those that are eaten raw.
- ❖ Avoid eating street vended foods.
- ❖ Wash hands with soap and water after using the toilet and before eating,
- ❖ Keep surrounding clean to prevent breeding of flies.

Bring suspected cases immediately to the nearest health center or hospital.

HEALTH ADVISORY



National Center for Health Promotion
National Center for Disease Prevention and Control

FOOD SAFETY

Is the assurance /guarantee that food will not cause harm to the consumers when it is prepared and/or eaten according to its intended use.

Food and Water-borne Diseases

Is a group of illness caused by any infectious (bacteria, viruses and parasites) and non- infectious agents (chemical, animal and plant toxins)



Common Causes of Food and Water Borne Diseases

- ❖ Unsafe sources of drinking water
- ❖ Improper disposal of human waste
- ❖ Unhygienic practices like spitting anywhere, blowing or picking the nose
- ❖ Unsafe food handling and preparation practices
 - i.e. street vended foods

Five Keys to Safer Food (Source: WHO)

1. Keep clean.
2. Separate raw and cooked foods.
3. Cooked foods thoroughly.
4. Keep food at safe temperatures.
5. Use safe water and raw materials.

In case of Suspected Foodborne Illnesses

1. **Preserve the evidence.**
If a portion of the suspected food is available, wrap it securely "DANGER" and freeze it.
2. **Seek treatment as necessary.**
If symptoms persists or are severe (i.e. bloody diarrhea, excessive nausea and vomiting or high temperature), immediately consult a doctor.
3. **Report the incidence to the local health department.**

HEALTH ADVISORY

National Center for Health Promotion
National Center for Disease Prevention and Control



CHOLERA

Cause

- ❖ Vibrio cholerae bacteria

Mode of transmission:

- ❖ Eating food or drinking of water contaminated with human waste.

Signs and Symptoms:

- ❖ Sudden onset of frequent painless watery stools
- ❖ Vomiting
- ❖ Rapid dehydration (e.g. sunken eyeballs, wrinkled and dry skin)

Immediate Treatment:

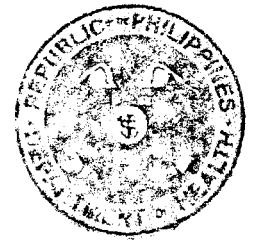
- ❖ Replace lost body fluid by giving Oral Rehydration Solution (ORESOL) or a homemade solution composed of 1 teaspoon of salt, 4 teaspoons of sugar mix to 1 liter of water.
- ❖ If diarrhea persists, consult your health workers or bring the patient to the nearest hospital.

Prevention and control:

- ❖ Drink only safe and clean water. If unsure, boil drinking water.
- ❖ Upon reaching boiling point, extend boiling for two or more minutes or
- ❖ Chlorinate drinking water.
- ❖ Keep food away from insects and rats by covering it.
- ❖ Wash and cook food properly.
- ❖ Practice sanitary disposal of human waste.
- ❖ Use toilet properly and clean toilet every day.
- ❖ Wash hands with soap after using toilet and before eating.
- ❖ Keep surroundings clean to prevent flies and other insects and rodents from breeding.

In extreme cases, cholera is a rapidly fatal disease. A healthy individual may die within 2-3 hours if no treatment is provided.

HEALTH ADVISORY



National Center for Health Promotion
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DENGUE

DENGUE HEMORRHAGIC FEVER

Is an acute infectious disease manifested initially with fever.

Transmission:

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

Signs and Symptoms:

- ❖ Sudden onset of high fever which may last to 2 to 7 days.
- ❖ Joint and muscle pain and pain behind the eyes.
- ❖ Weakness
- ❖ Skin rashes – *maculopapular rash* or red tiny spots on the skin called *petechiae*.
- ❖ Nose bleeding when fever starts to subside.
- ❖ Abdominal pain
- ❖ Vomiting of coffee-colored matter
- ❖ Dark-colored stools

Prevention and Control

- ❖ Cover water drums and water pails at all times to prevent mosquitoes from breeding.
- ❖ Replace water in vases once a week.
- ❖ Clean all water containers once a week. Scrub the sides well to remove eggs of mosquitoes sticking to the sides.
- ❖ Clean gutters of leaves and debris so that rain water will not collect as breeding places of mosquitoes.
- ❖ Puncture or cut old tires used as roof support to avoid accumulation of rain water.
- ❖ Put sand and oil in old tires or cans lying around to keep rain water from