



Office of the Secretary

NOV 22 2006

DepED MEMORANDUM

No. 414, s. 2006

4S STRATEGY AGAINST DENGUE

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 Administrators

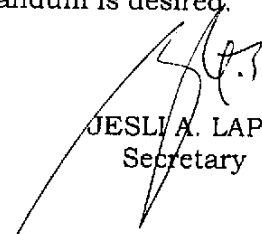
1. Dengue continues to be a major public health concern of our country. As of September 30, 2006, the regions with the highest numbers of dengue cases were found in NCR (6,608); Region III (5,016); Region VII (2,283); Region I (1,585) and CAR (1,307). In light of this situation, this Memorandum is issued to reiterate and reinforce DepED Memorandum No. 290, s. 2006 to ensure that all schools are given the proper information and are actively conducting the 4S Strategy Against Dengue which are:

- Search and destroy mosquito breeding sites
- Seek early treatment
- Self-protection
- Say NO to indiscriminate fogging

2. School officials are hereby instructed to continuously mobilize school health and nutrition personnel to conduct advocacy activities and to see to it that schools sustain the clean-up campaigns to drastically decrease the mosquito population.

3. Enclosed are information sheets on Dengue H-Fever and Guidelines on Fogging Operations for ready reference.

4. Immediate dissemination of this Memorandum is desired.

  
JESLI A. LAPUS  
Secretary

Encls.: As stated

Reference: DepED Memorandum: (No. 290, s. 2006)

Allotment: 1—(D.O. 50-97)

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

CAMPAIGN

HEALTH EDUCATION

SCHOOLS

Madel:c:dengue

11-10-06

computer used: maricar

## 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.

**PUKSAIN ANG  
KITI-KITI  
SUGPUIN ANG  
DENGUE**

***DOH it na!***

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

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*

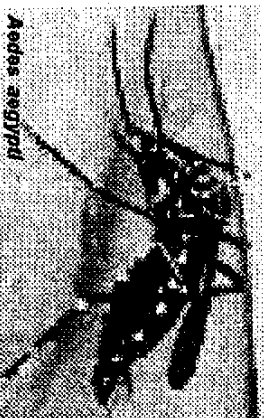
**DENGUE**

## 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 lamok, na tinatawag na *Aedes aegypti* at *Aedes albopictus*, na meron ng dengue virus na nakuha niya pagkatapos kumagat sa taong may dengue.



Ang lamok na ito'y nangangagat sa araw at nanginigilog 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 kasukasan, panghina, at walang ganang kumain.
- Kasabay ng pagbaba ng lagnat, ay pagitiaw ng mapupulang butiig - "rashes" - sa iba't ibang parte ng katawan.
- Maaring magkaroon ng pagdurugo ng ilong at giligid o pagsuka ng dugo o pagdumi nang matim.

## Paano maiwasan ang Dengue?

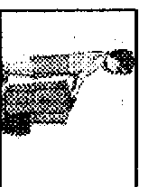
- Ang "fogging" ay pansamantalang paraan lamang ng pag-iwas sa dengue. Ang mabisang pagsugpo ng dengue ay ang pag-alis ng mga lalagyang maaaring pag-ipunan ng tubig at pangitugan ng lamok.

### Gawin ang mga sumusunod:

- Butasan o biyakin ang mga lumang gulong upang hindi maipunan ng tubig at pangitugan ng lamok.



- 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.



- Linsin at alisin ang tubig sa paminggalan.



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



- Itapon ang iba pang bagay na maaaring pag-ipunan ng tubig at pangitugan ng lamok tulad ng lata, 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**