



MAY 06 2009

DepED MEMORANDUM
No. 206 , s. 2009

HEALTH ADVISORY ON INFLUENZA A (H1N1)

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. The World Health Organization (WHO) raised the Influenza A (H1N1) pandemic alert to Phase 5 because there is now human to human transmission of the virus. To date, the Department of Health (DOH) clarifies that there are no reports yet of Influenza A (H1N1) in the country but it is imperative to take precautionary measures to prevent the possible spread of this dreaded disease.
2. School officials are hereby instructed to mobilize teachers, school health and nutrition personnel and Alternative Learning System (ALS) Coordinators to disseminate information on the nature, transmission, signs and symptoms, prevention and control of the disease.
3. Enclosed for ready reference is an Advisory from DOH.
4. Immediate dissemination of and compliance with this Memorandum is desired.

Ramon C. Bacani
RAMON C. BACANI
Undersecretary
Officer-in-Charge

Encl.: As stated
Reference: None
Allotment: 1- -(D.O. 50-97)
To be indicated in the Perpetual Index
under the following subjects:

HEALTH EDUCATION

SCHOOLS

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

How can we avoid it?

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
- Avoid close contact with sick people
- 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.

What are the DOH Referral Centers for Emerging and Re-emerging Infectious Diseases??

National Referral Center

Research Institute for Tropical 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 / 254-0057

C. Mindanao

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

Satellite Referral Hospitals

Regional Hospitals/Medical Centers of 16 regions