



Republic of the Philippines  
**Department of Education**  
DepED Complex, Meralco Avenue, Pasig City



JUN 04 2009

DepED MEMORANDUM  
No. 252 , s. 2009

PREVENTING DENGUE H-FEVER IN SCHOOLS

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

1. The Department of Education (DepED) supports the Department of Health's (DOH) intensive campaign against dengue. Although the latest result of the weekly Disease Surveillance Report from DOH showed a decrease of dengue cases by 50% compared to last year, this Memorandum is issued to reiterate and re-enforce previous Memoranda on dengue to protect the school populace from this threatening disease especially during rainy season when "aedes aegypti" mosquito proliferates rapidly.
2. School officials are hereby enjoined to mobilize all school personnel to disseminate information on the prevention and control of Dengue H-Fever. Close collaboration should be made with the Parents-Teachers-Community Associations (PTCAs), Local Government Units (LGUs) and Municipal Health Offices on:
  - a. information campaign against Dengue H-Fever;
  - b. maintenance of environmental sanitation in the schools and in the communities; and
  - c. referral of pupils/students/personnel with symptoms of Dengue H-Fever.
3. Enclosed is the DOH Bulletin of Information on Dengue H-Fever.
4. Immediate dissemination of this Memorandum is desired.

  
**JESLI A. LAPUS**

Secretary

Encl.: As stated  
Reference: DepED Memorandum: No. 72, s. 2008  
Allotment: 1- -(D.O. 50-97)  
To be indicated in the Perpetual Index  
under the following subjects:

CAMPAIGN

HEALTH EDUCATION

SCHOOLS

(Enclosure to DepED Memorandum No. 252, s. 2009)

**Ano ang dapat gawin  
sa inaakalang may  
Dengue?**

- Para sa lagnat bigyan ng Paracetamol, punasan ang pasyente ng bimbo na binasa ng tubig para maginhawahan ito at parumin ng maraming tubig.
- Huwag painumin ng Aspirin. Maaring maging sanhi ito ng pagdugo.
- Kumunsulta sa doctor sa pinakamalapit na health center o hospital.

**PUKSAIN ANG  
KITI-KITI  
SUGPUIN ANG  
DENIQUE**

*Mga*

*dapat*

*Malaman*

*DOH it na!*

*Tungkol*

*sa*

**KUNG MAY LAGNAT NG  
DALAWANG ARAW,  
PUTMUNTA AT  
KOMUNSULTA 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

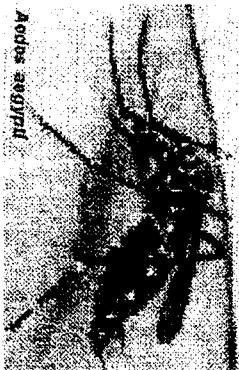
**D E N G U E**

## ANO ANG DENGUE?

Ang dengue ay isang sakit na sari-sari 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 nakuhanya pagkatapos kumagat sa taong may dengue.



## ANO ANG MGA PALATANDAAN NG DENGUE?

### ● Sa umpsali, lagnat na tumatalog ng 3-5 araw, matinding sakit ng ulo, pananakit ng kalamnan at kasukusan, panghihina, at walang ganang kumain.

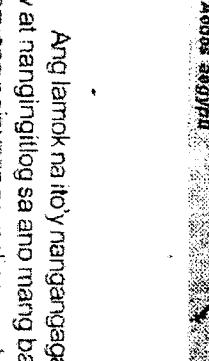
Kasabay ng pagbababa ng lagnat, ay paglitaw ng mapupulang bulig - "rashes" - sa iba't ibang parte ng katawan.

Maaaring magkaroon ng pagdurugo ng ilong at giligid o pagsuka ng dugo o pagdumi nang mailim.

## Paano Maiwasan ang Dengue?

● Ang "fogging" ay pansamantalang paraan lamang ng pag-iwas sa dengue. Ang mabisang pagsubopo ng dengue ay ang pag-allis ng mga lahayang maaaring pag-ipunan ng tubig at pangitigan ng lamok.

Ang lamok na ito'y nangangagat sa araw at nanggitlog sa ano mang bagay. O lahayang naipunan ng malinaw na tubig at pangitigan ng lamok.



## Gawin ang mga sumusunod:

● Bulacan o biyakin ang mga lumang guiong upang hindi mapunang tubig at pangitigan ng lamok.



● Takpan ang mga drum, timba at iba pang ipunan ng tubig upang hindi parahayan ng kitin.

● Palitan ang tubig ng platera o flower vase minsan isang ilongo.



● Linisin at alisin ang tubig sa pamringgahan.



● Linisin ang alutod ng bahay upang hindi maipunran ng tubig at pamahayan ng kitikti.



● Iapon ang iba pang bagay na maaaring pag-ipunan ng tubig at pangitigan 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

garages

### Post fogging

#### Instruction to homeowners

- 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.

The "4 S Against Dengue"

## GUIDELINES

ON

Search and Destroy breeding places of dengue or using 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**

#### Instruction to fogging team

**DOH it no!**

Para sa kaming dengue information, RUMMING, MA:  
National Center for Disease  
Prevention & Control  
71168087438301 local 2350-2354

- 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.



## **FOGGING OPERATIONS**