



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

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

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

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

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

***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

<i>Mga</i>
<i>dapat</i>
<i>Malaman</i>
<i>Tungkol</i>
<i>sa</i>
<b>DENGUE</b>

## 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 meroon ng dengue virus na nakuhannya pagkatapos kumagat sa taong may dengue.



Ang lamok na ito'y nanggagat sa araw at nangingitlog sa ano mang bagay o lalagyang naipunan ng malinaw na tubig. Ito'y namamahay sa madilim na parte ng ob at paligid ng bahay.

## Ano ang mga Palatandaan ng Dengue?

- Sa umpisa, lagnat na tumatagal ng 3-5 araw, malingitng sakit ng ulo, pananakit ng kalamnan at kasukasuan, panghina, at walang garang kumain.
- Kasabay ng pagbaba ng lagnat, ay pagitaw ng mapupuring butig - "rash" - sa iba't ibang parte ng katawan.
- Maaaring magkaroon ng pagdurugo ng ilong at giligid o pagsuka ng dugo o pagdurmi 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-ipunang tubig at pangitugan ng lamok.
- Butasan o biyakin ang mga lumang guhong upang hindi mapunan ng tubig at pangitugan ng lamok.
- Takpan ang mga drum, timba at iba pang ipunan ng tubig upang hindi pamatayan ng kilikil.
- Patitan ang tubig ng plerera o flower vase minsan isang linggo.
- Linisin at alisin ang tubig sa paminggalan.
- Linisin ang alitod ng bahay upang hindi mapunan ng tubig at pamahayem ng kilikil.
- Hapon ang iba pang bagay na maaaring pag-ipunang tubig at pangitugan ng lamok tulad ng lata, bote at lansen.

Gawin ang mga sumusunod:



- c. Direct all fogs at all possible mosquito resting sites: bushes, covered drains, tree-shaded areas and heaves

**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

**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-cx using mosquitoes such as old tires, coconuts, 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 repellents;
- **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!**

Pura sa Karangalagan Impormasyon, Hinuhung sa  
 National Center for Disease  
 Prevention & Control  
 7116808/7438301 local 250-2354



National Center for Health Promotion  
 Department of Health  
 Manila

**GUIDELINES**

**ON**



**FOGGING  
 OPERATIONS**