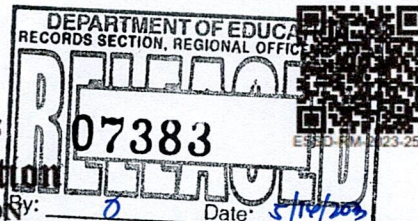




Republic of the Philippines  
**Department of Education**  
REGION IV-A CALABARZON



11 May 2023

**Regional Memorandum**  
No. 251 s. 2023

**REITERATION ON THE PREVENTION OF DISEASE  
DURING THE 2023 EL NIÑO CYCLE**

To: **All Schools Division Superintendents**

1. Relative to the Unnumbered Memorandum entitled "Advisory on the Prevention of Disease During the 2023 El Nino Cycle", this Office reiterates the prevention of disease during the 2023 El Nino Cycle. The Memorandum is attached herewith.
2. For questions or clarifications, kindly contact Michael Girard R. Alba, Chief of Education Support Services Division at 09178882731 or Pearl Oliveth S. Intia MD, Medical Officer IV at 0917 8110690.
3. Immediate dissemination of this Memorandum is desired.

**ATTY. ALBERTO T. ESCOBARTE, CESO II**  
Regional Director

03/ROE5



**Address:** Gate 2, Karangalan Village, Cainta, Rizal  
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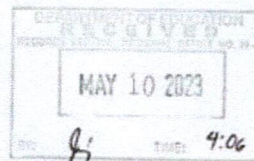


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Republic of the Philippines  
**Department of Education**  
BUREAU OF LEARNER SUPPORT SERVICES



Office of the Director

MEMORANDUM

FOR : *Revsee A. Escobedo*  
**Atty. REVSEE A. ESCOBEDO**  
Undersecretary for Operations

FROM : *Nenneth Esplana-Alama*  
**NENNETH ESPLANA-ALAMA, Ph.D.**  
Director *VCV*

SUBJECT : **ADVISORY ON THE PREVENTION OF DISEASE DURING  
THE 2023 EL NIÑO CYCLE**

DATE : **April 27, 2023**

This Office respectfully submits the attached advisory on the Prevention of Disease During the 2023 El Niño Cycle.

The said advisory is intended for dissemination to DepEd field offices.

For approval of the Undersecretary.

SHD-APQ/04272023

Room 301, 3F Mabini Bldg., DepEd Complex, Meralco Avenue, Pasig City  
Telephone No.: (02) 8632-9935 | blss.shd@deped.gov.ph





Republic of the Philippines  
**Department of Education**  
BUREAU OF LEARNER SUPPORT SERVICES

Office of the Director

**ADVISORY ON THE PREVENTION OF DISEASE DURING  
THE 2023 EL NIÑO CYCLE**  
April 27, 2023


1. Authorities have declared the strong possibility of El Niño developing from July to September 2023 and persisting into the first quarter of 2024. This weather phenomenon is characterized by extreme climatic conditions, that is – extreme temperature rise with a little rainfall and, at the opposite end, unusually heavy rainfall.
2. Scientists have established the strong link between El Niño and disease outbreaks in a study of the severe El Niño event of 2015-2016, which generated excess rainfall and flooding, drought, and temperature extremes that created ecological conditions potentially favoring disease transmission in affected regions worldwide.
3. The Department of Health (DOH) has noted the health problems engendered by this weather cycle, including diseases related to water scarcity or shortage such as diarrhea and skin diseases, paralytic shellfish poisoning due to Red Tide Blooms, disorders associated with high temperatures such as heat cramps, heat exhaustion, heat stroke, and heat-associated diseases such as sore eyes and measles.
4. In light of the above, the Department of Education (DepEd) reiterates the DOH advisory in favor of: (a) conserving water and using it wisely, (b) protecting water sources from contamination, (c) staying hydrated by drinking eight glasses of water a day, (d) listening to updates on the shellfish ban, (e) wearing light clothing, (f) taking a bath every day to cool the body and prevent rashes and skin infections, (g) storing enough water in clean and covered containers, (h) reducing breeding sites of mosquitoes, (i) avoiding strenuous physical activity, (j) switching off lights and other appliances when not in use, (k) using sunblock or sunscreen when going out, and (l) seeking medical attention if experiencing symptoms of a disease.
5. Furthermore, the DOH strongly enumerates the following: (a) avoiding strenuous physical activities, (b) not drinking from doubtful water sources, (c) not staying under the sun without proper protection, especially from 10 a.m. to 4 p.m., (d) avoiding self-medication, and (e) avoiding drinking too much coffee and alcoholic beverages.
6. School officials are instructed to take the lead in protecting learners, teachers, and non-teaching personnel from the above threats to health by:

SHDI APQ/04272023

Room 305, 3F Mabini Bldg., DepEd Complex, Meralco Avenue, Pasig City  
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- a) Ensuring the availability of clean and potable water within school premises, effectively implementing hygiene and sanitation practices including proper handwashing on a regular basis, and eliminating breeding places for dengue-carrying mosquitoes within school premises as mandated under the WinS Program;
  - b) Instructing teachers and other school personnel to observe students, especially those with co-morbidities and other health problems, to watch for signs and symptoms of disease or heat-related health conditions to ensure they are given first aid treatment in a timely manner and referred to a health care provider for proper diagnosis and treatment; and
  - c) Instructing school health personnel to communicate to the school populace the importance of good health practices, vaccination, and the contents of this Advisory to prevent disease and other health conditions with the expected onset of the El Niño weather cycle.
7. For questions and clarifications, you may contact **Dr. Maria Corazon C. Dumlao**, Chief of the Bureau of Learner Support Services-School Health Division (BLSS-SHD), through (02) 8632-9935 or email at [blss.shd@deped.gov.ph](mailto:blss.shd@deped.gov.ph)
8. Immediate dissemination of this Advisory is desired.

  
**NENNETH ESPALANA-ALAMA, PhD**  
Director IV, Bureau of Learner Support Services

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