

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



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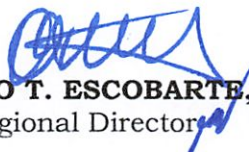
23 April 2024

Regional Memorandum
No.316 s.2024

**HEALTH UPDATES ON HEAT STROKE,
MEASLES, AND PERTUSSIS**

To **Schools Division Superintendents**

1. Relative to DepEd Memorandum OUOPS-2024-09-02835 dated April 4, 2024¹, this Office, through the Education Support Services Division advised everyone to heed. All School Health Personnel are to advocate and practice early detection of the signs and symptoms of heat exhaustion, measles, and pertussis attached herewith.
2. Coordination with the Local Epidemiologic Surveillance Units (Barangay, Municipal, City, Provincial) is advised even before outbreaks/epidemics occur for proper information dissemination, screening, treatment, and referral of cases.
3. For questions or clarifications, please contact Dr. Pearl Oliveth S. Intia, Medical Officer IV at pearl.intia@deped.gov.ph.
4. Immediate dissemination of this Memorandum is desired.


ATTY. ALBERTO T. ESCOBARTE, CESO II
Regional Director

03/ROE5

¹ Health Updates



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OFFICE OF THE UNDERSECRETARY FOR OPERATIONS



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MEMORANDUM
DM-OUOPS-2024-09 02835

TO : REGIONAL DIRECTORS
SCHOOLS DIVISION SUPERINTENDENTS
PUBLIC AND PRIVATE ELEMENTARY AND SECONDARY
SCHOOLS
ALL OTHERS CONCERNED

FROM : *Revsee A. Escobedo*
ATTY. REVSEE A. ESCOBEDO
Undersecretary for Operations

SUBJECT : HEALTH UPDATES

DATE : April 4, 2024

This Office issues the following Health Updates on Heat Stroke; Measles and Pertussis.

Heat-related illnesses become more prevalent with extreme temperatures. The Philippine Atmospheric Geophysical and Astronomical Services Administration (PAGASA) classified temperatures ranging from 33-41 degrees Celsius as “extreme caution” while 42-51 degrees Celsius as “danger.” Such temperatures can lead to heat cramps and heat exhaustion and heat stroke. Fainting may be the first sign, and other symptoms may include: fatigue, dizziness, headache, vomiting, and light-headedness, while prolonged heat exposure increases the probability of heat stroke, a serious condition characterized by loss of consciousness, confusion, or seizures, which can be deadly if left untreated. The following measures may be observed, if any heat-related illness symptom is noted:

- Move the individual to a shaded or cool area;
- Provide proper ventilation;
- Remove the person’s outer clothing;
- Attempt to cool the person’s temperature by applying cold compresses, ice packs, cold water, or wet cloth against the skin (especially on their head, face, neck, armpits, wrists, ankles, and groin);
- Encourage them to drink cool water; and
- Contact medical services or bring them to the hospital.

Measles is a highly contagious viral disease that causes fever and rash that affects children which can be fatal when it finally affects the respiratory system, most commonly leading to pneumonia. The virus is very easily spread via infected airborne particles through coughing, sneezing, or even just talking. These particles can then be inhaled by another person, thus causing infection. The virus can also



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 Chief Zepeta*

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be spread through direct contact with infectious droplets, as when a person touches a surface containing such droplets and subsequently touches his eyes, nose, or mouth. Since measles is viral in nature, thus it resolves on its own, as the body gradually builds immunity against it. There is no specific treatment against the virus. Treatment is supportive, which includes having a nutritious diet, adequate fluid intake or rehydration (especially if the patient develops diarrhea) and enough rest. If complications arise, other medications are given (e.g. antibiotics for complicated infections like pneumonia and ear infections, rehydration for diarrhea). Vitamin A supplementation may also be recommended, since Vitamin A deficiency is a known risk factor for developing more severe measles. Vaccination against measles confers lifelong immunity. As much as possible, the vaccine should be administered during the routine, doctor-recommended schedule during infancy and childhood (beginning as early as 9 months) to provide protection as early as possible. It is usually given as a combination that also protects against rubella and mumps.

Pertussis, also known as whooping cough, is a bacterial infection that affects the respiratory tract characterized by severe coughing fits followed by a “whooping” sound. The disease is highly contagious, spreading through respiratory droplets when an infected person coughs or sneezes. Initial symptoms mimic those of a common cold, including mild fever, runny nose, and cough, but can progress to severe coughing fits. Pertussis can affect individuals of any age, but poses the greatest risk to children under five years old, especially those who are unvaccinated or have weakened immune systems. The following are the safety protocols:

- **Vaccination:** Ensure that all children receive the DTaP vaccine (Diphtheria, Tetanus, and acellular Pertussis) according to the national immunization schedule. Adolescents and adults should consider getting the Tdap booster shot to maintain immunity.
- **Hygiene practices:** Regular handwashing with soap and water or the use of alcohol-based hand sanitizers can reduce the risk of spreading infections.
- **Respiratory etiquette:** Cover your mouth and nose with a tissue or your elbow when coughing or sneezing to prevent the spread of respiratory droplets. Wearing of face mask.
- **Avoid crowded places:** Limiting exposure to crowded places, especially during outbreaks, can reduce the risk of contracting or spreading pertussis

Immediate dissemination of this Memorandum is desired.