



Republic of the Philippines
Department of Education
REGION X – NORTHERN MINDANAO
SCHOOLS DIVISION OF MISAMIS ORIENTAL

Office of the Schools Division Superintendent

April 2, 2024

DIVISION MEMORANDUM

No. 223 s. 2024

**HEALTH ADVISORY ON HEAT - RELATED ILLNESSES
DURING SUMMERTIME**

To: Public Schools District Supervisors/ District In-charge
School Heads, Elementary and Secondary
School Health and Nutrition Section Personnel
All Other Concerned

1. The dry season as summer is officially declared by DOST-Pagasa. The experienced of the hot and dry weather these past days become hotter since the earth continues to warm. Heat-related illnesses may occur but these are very preventable.

The following simple steps to keep yourself from getting overheated:

- a. Stay hydrated. Don't wait until you're thirsty to drink water. Make sure that you have your water containers with you always. Drink water every 15 minutes when working or exercising in a hot environment, even if you're not thirsty.
- b. Stay in the shade, a cool area or air-conditioned space. Avoid going outdoors for activities or exercise when the temperature and humidity are high between 10am to 3pm.
- c. Avoid direct sunlight as much as possible.
- d. Limit your physical activities and movements. Pace yourself. Rest often.
- e. Wear sunscreen. A sunburn reduces your body's ability to cool down.
- f. If possible, wear a hat and sunglasses outside.
- g. Wear loose, lightweight and light-colored clothing.
- h. Avoid eating hot food and heavy meals.
- i. Do not drink sugary drinks, beverages that contain caffeine or alcohol. Take water instead.
- j. If sweating lasts for several hours, take electrolyte drinks replace the electrolytes you may lose through heavy sweating.



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- k. Fan yourself for cooling and air circulation to occur. Take cool showers or baths to cool down.
 - l. Monitor your urine color and output. It tells you if you are dehydrated.
 - m. Use a buddy system where you observe each other for signs and symptoms of heat-related illness and report observations to your teacher, supervisor or to the Health Services. It is always best to stay informed and know how to prevent, recognize and treat heat-related illnesses. Let us take care of ourselves and look out for each other's well-being.
2. For information and guidance.

For the Schools Division Superintendent:

MARY ANN M. ALLERA
Assistant Schools Division Superintendent
Officer In-charge
Office of the Schools Division Superintendent

ELO/MMA/sgod/mma-emd



Heat Stroke


FIRST AID

Heat Stroke is the most severe form of heat illness wherein the body overheats and can't cool down by sweating because of dehydration. It can cause death or permanent disability if emergency treatment is not provided.

SYMPTOMS

- Dizziness or fainting
- Hot and dry skin
- Very high core body temperature of 104°F (40°C) or more
- Lack of sweating
- Throbbing headache
- Behavioral changes such as confusion or disorientation
- Muscle weakness or cramps
- Nausea and vomiting
- Rapid heartbeat
- Rapid, shallow breathing
- Seizures
- Unconsciousness or coma

TREATMENT

- 1 Move the person to a shady spot or indoors.
 - 2 Call 911 or emergency medical help. Continue to the next steps while waiting for professional help to arrive.
 - 3 Have the person lie down with the feet elevated.
 - 4 If still conscious, have him sip cool water.
 - 5 Remove his clothing.
 - 6 Cool the person by spraying with cool water.
 - 7 Apply damp sheets / towels / sponges / ice packs to the armpits, wrists, ankles and groin.
 - 8 Use fan to direct air onto the body.
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- An illustration of a man lying on his back on a wooden boardwalk. He is wearing blue shorts and a white tank top. A hand is spraying cool water from a blue spray bottle onto his chest. A blue electric fan is positioned above him, blowing air towards his body. A glass of water is on the ground next to him. The background is a simple outdoor setting with a green ground and a blue sky.

Differences between heat exhaustion and heatstroke

Heat exhaustion

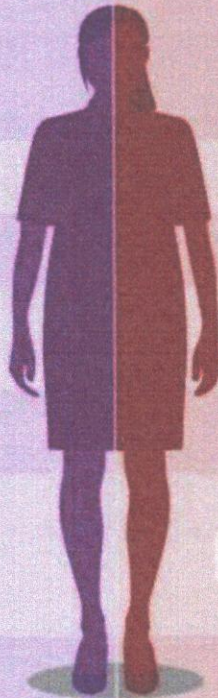
Feeling faint or dizzy

Excessive sweating

Clammy skin

Nausea or vomiting

Muscle cramps



Heatstroke

Feeling confused

No sweating

Temperature over 40C,
hot, dry skin

Nausea or vomiting

May lose consciousness
or experience convulsions
or seizures