



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

Office of the Schools Division Superintendent

October 16, 2023

DIVISION MEMORANDUM

No. 624, s. 2023

INCREASING DENGUE AWARENESS, SAFETY, PRECAUTION, AND PREVENTION

To: Public Schools District Supervisors/Districts In charge
School Heads
Teachers
District Nurses
All Others Concerned



1. As part of the ongoing commitment to the health and safety of our school community, this office is reinforcing our efforts to prevent and control the spread of dengue.
2. This mosquito-borne disease poses a significant threat to our students, staff, and their families, especially during the rainy season. Dengue is a viral disease transmitted through the bite of an infected Aedes mosquito. Symptoms include high fever, severe headache, joint and muscle pain, rash, and mild bleeding (e.g., nose or gums bleed, easy bruising).
3. It is essential to educate our school community about the symptoms of dengue, its transmission, and the importance of seeking immediate medical attention if symptoms are present.
4. To maintain a safe and healthy environment, regular cleaning and maintenance of our school facilities should be enforced. This includes removing stagnant water sources, which are potential breeding grounds for mosquitoes.
5. All members of the school community should be encouraged to wear clothing that minimally exposes skin, use mosquito repellent, and ensure classrooms have secure windows and door screens to keep mosquitoes out.






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6. School clinics should be adequately prepared to provide first aid to students suspected of dengue infection. In such cases, immediate referral to a healthcare facility is critical.
7. Organize regular information sessions on dengue for students, parents, and staff. These sessions should cover basic information about dengue, its symptoms, prevention methods, and steps to take if one suspects a dengue infection.
8. Collaboration with local health departments to launch 4S Strategy (Search & Destroy, Seek Early Consultation, Self-Protection Measures, Say Yes to Fogging, Misting, Spraying during an Impending Outbreak) Kontra Dengue Activities may also be beneficial.
9. For information, guidance, and compliance.


EDILBERTO L. OPLENARIA, EdD, CESO V
Schools Division Superintendent 



ELO/egd/sgod/mma - emd



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GAWIN SA BAHAY AT PAARALAN:

4S KONTRA DENGUE

SEARCH & DESTROY

Mga lugar na pangitlogan o pamugaran ng mga lamok katulad ng mga sumusunod:

- Tubig ulan na maaring maipon sa mga lumang gulong, plastik na ginagawang habong o bubong.
- Tubig sa plorera (flower vase) na mahigit na sa isang linggo, tining na tubig sa kalye, kanal at dahon ng halaman.
- Drum, timba at iba pang ipunan ng tubig na naiwang walang takip at mahigit na sa isang linggong nakaimbak.
- Lata, bote at tansan
- Alulod ng bahay na hindi nalilinis at naiipunan ng tubig.
- Paminggalan o lalagyan ng plato at baso na tinitiningan ng tubig.
- Kurtina at nakasamapay na itim na pantalon o kahit anong damit na basa.



45 KONTRA DENGLE

SELF-PROTECTION MEASURES

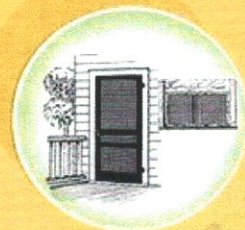
Ang mga lamok ay naakit sa itim o asul na kasuotan.



Magsuot ng damit na maaliwalas o maliwanag ang kulay.



Iwasan ang maiksing kasuotan lalo na sa panahon ng tag-ulan upang makaiwas sa kagat ng lamok.



Magpahid ng mosquito repellent.

Gumamit ng kulambo sa pagtulog umaga man o gabi.

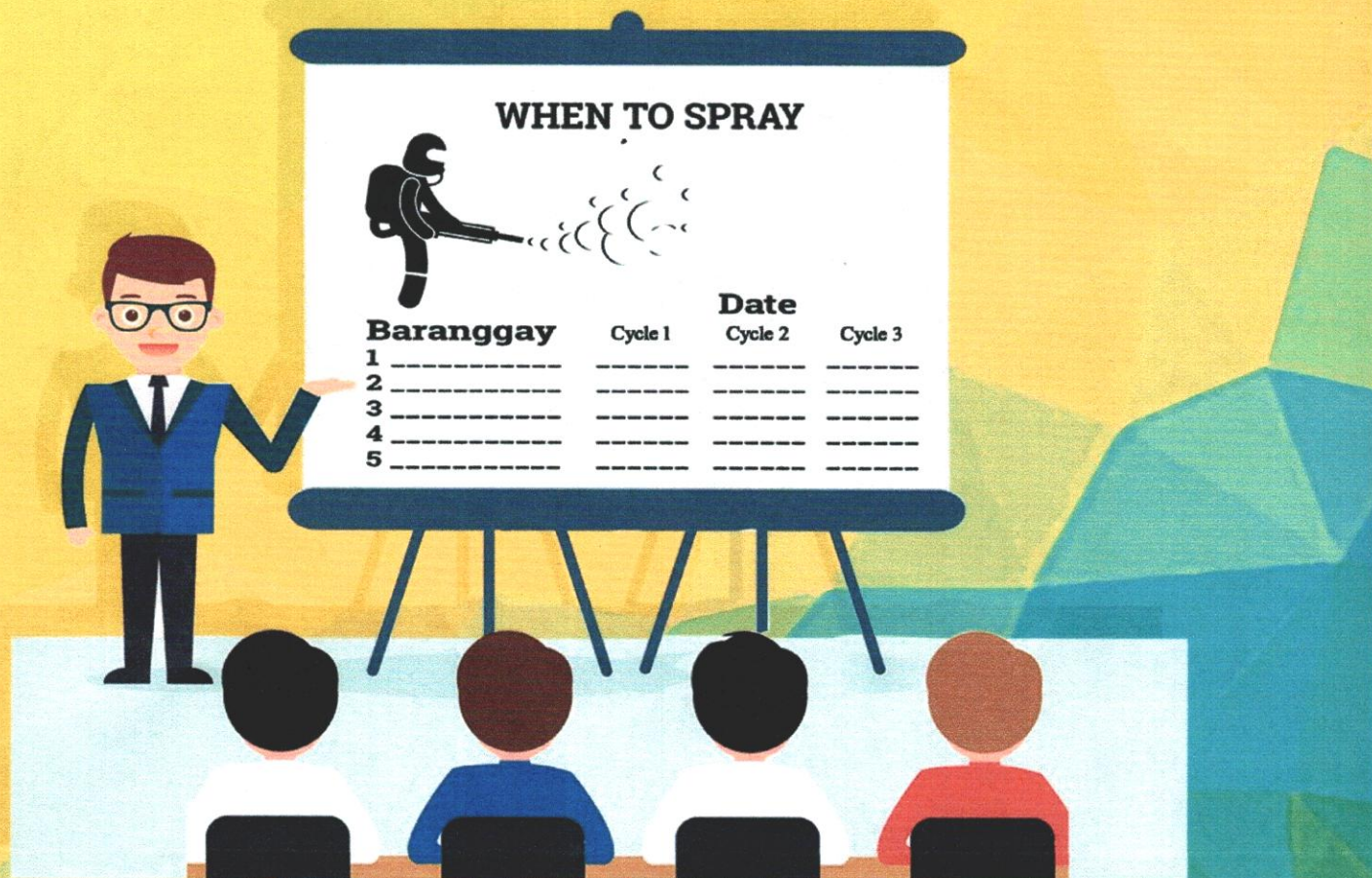


45 KONTRA DENGUE

SAY YES TO FOGGING, MISTING, SPRAYING DURING AN IMPENDING OUTBREAK



Kung may kahit isang kaso o nagbabadyang pagtaas sa dami ng mapinsalang lamok sa komunidad, marapat lang na magkaroon ng “fogging, misting, spraying operations” upang sugpuin ang mga lamok na may dalang dengue virus. Ito ay isinasagawa ng cycle at hindi minsan lamang.



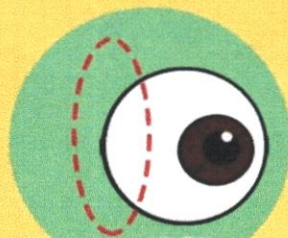
4S KONTRA DENGUE

SEEK EARLY CONSULTATION

Dalhin agad sa pinakamalapit na health center o ospital ang bata kung sakaling makaranas ng ano mang hinihinalang sintomas:



Pagkakaroon ng biglaang pagtaas ng lagnat na may 38°C to 41°C sa loob ng 2 araw



Pananakit sa likod ng mata



Matinding sakit ng ulo



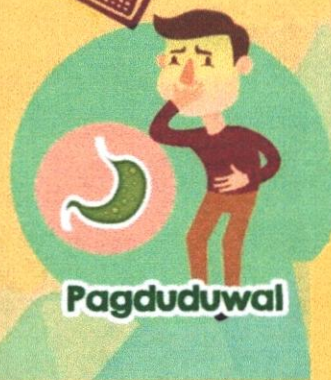
Anu-ano ang mga sintomas ng Dengue?



Sakit ng kalamnan at kasu-kasuan



Kawalan ng ganang kumain



Pagduduwal



Pamamantal sa balat