



Republic of the Philippines
Department of Education
Region X
DIVISION OF MISAMIS ORIENTAL
Velez St., Cagayan de Oro City
www.depedmisor.net



(08822)724615, (088)8564454/ Fax(088)8564524

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**DIVISION MEMORANDUM
NO. S. 2015**

**TO: EDUCATION PROGRAM SUPERVISORS
PUBLIC SCHOOLS DISTRICT SUPERVISORS
ELEMENTARY / SECONDARY SCHOOL HEADS
TEACHERS
DIVISION PERSONNEL**

FROM: *for* CHERRY MAE L. LIMBACO, Ph.D., CESO V
Schools Division Superintendent *Cherry Mae L.*

**RE: PRECAUTIONARY MEASURES to be ADOPTED to REDUCE
the HEALTH EFFECTS of HAZE PARTICLES**

1. Misamis Oriental is currently experiencing the haze coming from the forest fires of Indonesia which may affect our health and air quality conditions. It is currently spreading across Southeast Asia including the other areas of Mindanao. Haze is traditionally an atmospheric phenomenon where dust, smoke and other dry particles obscure the clarity of the sky and harmful to our health.
2. Here are some precautionary measures to reduce the health effects of exposure to haze particles:
 - a. Use MASK.
 - b. Drink lots of water.
 - c. Stay INDOORS as much as possible.
 - d. When the outdoor air quality appears to be worsening, close doors and windows.
 - e. Reduce outdoor physical activities to minimize exposure.
 - f. Eat lots of CITRUS FRUITS, juice and other supplements with VITAMIN C and E.
 - g. Minimize intake of COFFEE and ALCOHOL, it can expose throat to irritation.
 - h. Wet-cleaning methods (e.g. mopping or wiping) generally do not produce dust (unlike dry-dusting or vacuuming) and can be used to remove settled dust.
 - i. Fans or air-conditioners may be used for air circulation and cooling. Portable air purifiers can help to further reduce the indoor particle level.
3. For information and guidance.

CLL/sgod_ckr