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Region X  
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**DIVISION MEMORANDUM**

No. 288 s., 2016

**TO: Public Schools District Supervisor  
Elementary and Secondary Principals  
District In charge/ School In charge  
Health Personnel**

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

**DATE: July 13, 2016**

**SUBJECT: AWARENESS ON PREVENTION OF DENGUE FEVER AND FOODBORNE DISEASES**

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1. Dengue fever is one of the country's major health concerns where school children become most vulnerable. The rainy season in our country has become synonymous dengue outbreak season. The *Aedes aegypti* mosquito, which carries the dengue virus breeds in clear, stagnant water that accumulate in cans, old tires, flower vase, plants as bromeliads, and other containers.
2. Foodborne illness is an infection or irritation of the gastrointestinal (GI) tract caused by food or beverages that contain harmful bacteria, parasites, viruses, or chemicals. Common symptoms of foodborne illness including vomiting, diarrhea, abdominal pain, fever and chills.
3. For the information and guidance of all concerned, attached is the 4S Strategy for Dengue and refer to D.O. 14 s., 2005 for food safety.
4. School Health and Nutrition Personnel are advised to disseminate information on the prevention and control of Dengue and Foodborne Diseases.
5. For information, guidance and compliance.



# Health Advisory DENGUE

## Mag4S Laban sa Dengue

### SEARCH and DESTROY

Para di maipunan ng tubig at pangaralan ng kibkib:

- Pakitan ang tubig at linisin ang flower vase minsan sa isang linggo
- Takpan ng luto o buhangin ang mga butas sa paligid ng inyong bahay
- Takpan ang mga tamba, drum o iba pang imbakang ng tubig
- Tanggahin at bawasan ang mga gulong sa ibabaw ng inyong hubong o mga garing sa inyong paligid
- Ilibo ang mga hole, leta at iba pang maaring pag-iipunan ng tubig at pangilagang ng lamok
- Linisin at alisin ang tubig sa pamagitan.



Search & Destroy



Self-protection Measures

### SELF-PROTECTION MEASURES

- Iwasan ang maikling kasuctan upang di madaling makagat ng lamok.
- Maasin o ng gumamit ng mosquito repellent sa araw.



Seek Early Consultation

### SEEK EARLY CONSULTATION

- Kung may signat na ng 2 araw at may rashes sa balat, pumunta at konsulta agad sa pinakamalap na health center o ospital



Say NO To Indiscriminate Fogging

### SAY NO TO INDISCRIMINATE FOGGING

- Yes to fogging only during outbreaks.



TO-DOH LABAN SA DENGUE!