



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

Office of the Schools Division Superintendent

April 25, 2024

DIVISION MEMORANDUM
No. 283, s. 2024

**PREVENTION AND CONTROL OF FOODBORNE DISEASES DURING
EXTREME HEAT**

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

1. As the province of Misamis Oriental experiences a period of extreme heat, it is imperative that we take extra precautions to ensure the safety and well-being of our students, faculty, and staff. The rise in temperatures increases the risk of foodborne illnesses, as bacteria that cause food poisoning grow faster in warmer weather.
2. This aims to provide guidance and reinforce the importance of food safety practices to prevent foodborne diseases in our school communities.

Guidelines for Prevention of Foodborne Diseases:

- a. **Temperature Control:** Ensure that all perishable food items are stored at safe temperatures. Refrigerators should be set at or below 4°C (40°F), and freezers at -18°C (0°F). During transportation, use insulated coolers to maintain food at appropriate temperatures.
- b. **Hygiene Practices:** Emphasize the importance of regular handwashing with soap and water for at least 20 seconds before and after handling food, after using the restroom, and after any cleaning tasks.
- c. **Safe Food Preparation:** Cook foods to their recommended temperatures to kill harmful bacteria. Use a food thermometer to ensure that meats are cooked thoroughly. Avoid cross-contamination by using separate cutting boards and utensils for raw meats and ready-to-eat foods.
- d. **Proper Food Storage:** Cover food and store it promptly to minimize exposure to the heat. Discard any food left out at room temperature for



Address: Del Pilar corner Velez Street, Brgy. 29, Cagayan de Oro City 9000
Telephone Nos.: (088) 881-3094 | Text: 0917-8992245 (Globe)
Website: www.deped.misor.net
Email: misamis.oriental@deped.gov.ph

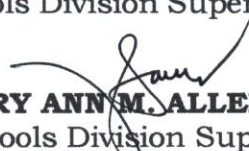



Republic of the Philippines
Department of Education
REGION X - NORTHERN MINDANAO
SCHOOLS DIVISION OF MISAMIS ORIENTAL

more than two hours (or one hour if the temperature is above 32°C or 90°F).

- e. Educate Students and Staff: Conduct awareness programs on food safety, including the dangers of consuming spoiled or contaminated food, especially during extreme heat conditions.
 - f. Regular Inspections: School canteens and food service areas should be regularly inspected for compliance with food safety standards. Ensure cleanliness of the food preparation areas and proper waste disposal.
 - g. Report Illness: Encourage students and staff to report any symptoms of foodborne illness, such as vomiting, diarrhea, and fever, to the school clinic immediately. Keep records of such incidents for health monitoring and response.
 - h. Community Engagement: Work with local health authorities and food safety experts to monitor the situation and provide additional support and resources as needed.
3. All schools are urged to implement the above guidelines and ensure that all food handlers have received proper training on food safety practices. Any incident of foodborne illness must be reported to the District Health Office at the earliest opportunity for prompt action.
4. For additional information, support, or training regarding food safety during extreme heat, please contact your respective District Health Offices or visit the Department of Health website.
5. Let us all collaborate in maintaining a safe and healthy environment for our students. Your cooperation is crucial in preventing the outbreak of foodborne diseases.
6. For information and compliance.

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



Address: Del Pilar corner Velez Street, Brgy. 29, Cagayan de Oro City 9000
Telephone Nos.: (088) 881-3094 | Text: 0917-8992245 (Globe)
Website: www.deped.misor.net
Email: misamis.oriental@deped.gov.ph