



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

DEPARTMENT OF EDUCATION
Division of Misamis Oriental

RELEASED

DATE: JUL 26 2024 11:26 am

BY:

Ninojmar S. Cablay, MBA
Administrative Officer IV

Office of the Schools Division Superintendent

July 24, 2024

DIVISION MEMORANDUM

No. 475, s. 2024

HEALTH ADVISORY ON RAINY SEASON

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

1. Rainy days are always fun to welcome, especially after experiencing a long period of summer. But along with the rains and change in temperature come something we certainly must avoid ushering in. It is the troublesome rainy-day illnesses. This season increases the transmission of water-borne diseases and increases the risk of catching diseases associated with cold and wet weather.

2. As in every season, personal hygiene, environmental sanitation, and resistance-building such as getting immunization shots against vaccine-preventable illnesses play vital roles in fighting off diseases.

Common Rainy-Day Illnesses

- a. **Dengue** is a viral infection transmitted through the bite of a dengue-carrying mosquito.

Signs and Symptoms:

- High fever that may last for 2 to 7 days
- Joint and muscle pains
- Pain behind eyes
- Weakness
- Skin rashes
- Bleeding (nose, gums, stool, urine or menstruation)
- Loss of appetite
- Nausea
- Vomiting
- Abdominal pain



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

- b. **Malaria** can be transmitted through the bite of a mosquito infected with the Plasmodium parasite.

Signs and Symptoms:

- Fever
 - Chills
 - Sweats
 - Headaches
 - Nausea and vomiting
 - Body aches
- c. **Leptospirosis** comes from flood water, vegetation and moist soil contaminated with the urine of an animal, especially rats, infected with Leptospira bacteria.

Signs and Symptoms:

- Fever
 - Muscle pain
 - Reddish eyes
 - Yellow discoloration of the skin (jaundice)
 - Dark-colored urine
 - Light-colored stools
- d. **Cholera** is caused by the Vibrio cholerae bacteria found on food or water contaminated with human waste. It is transmitted when contaminated food or water is consumed.

Signs and Symptoms:

- Frequent painless watery stools
 - Vomiting
 - Rapid dehydration (sunken eyeballs, wrinkled and dry skin)
- e. **Hepatitis A** is transmitted through consuming food and water contaminated with human waste and urine of a person with Hepatitis A.

Signs and Symptoms:

- Fever
- Weakness



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

- Muscle and joint aches
 - Loss of appetite
 - Dizziness
 - Vomiting
 - Abdominal discomfort
 - Yellow discoloration of the skin (jaundice)
- f. **Typhoid Fever** is caused by Salmonella typhi bacteria which are transmitted through consuming food and water contaminated with human waste.

Signs and Symptoms:

- Sustained fever
 - Weakness
 - Headache
 - Loss of appetite
 - Abdominal discomfort and constipation
 - Diarrhea
- g. **Influenza** commonly known as “flu”, is a contagious viral infection caused by an influenza virus which attacks the respiratory system (nose, throat and lungs). Symptoms usually manifest about 1 to 4 days after exposure to the virus. People who are already infected with the flu are most contagious in the first 3-4 days after their illness starts.

Signs and Symptoms:

- Fever (at least 38 degrees Celsius)
 - Headache
 - Runny nose, sore throat, cough or other respiratory symptoms
 - Muscle and joint pains
- h. Prevent Waterborne infections- Acute Gastroenteritis and Amoebiasis
- Drink and carry filtered/boiled water from home, bottled water when outside
 - Wash hands frequently, especially before and after meals, after visiting the washroom
 - Use and carry hand sanitizers with you





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

- Avoid eating outside, especially raw, pre-cut, and uncovered food sold in the open, like street foods.
 - Eat freshly made home cooked food and discard leftovers as far as possible
- i. Guard against Airborne infections- Viral fever, Conjunctivitis, and Influenza
- Avoid shaking hands, sharing food, water, and clothes, with someone who is sick, or when sick yourself • Wash hands frequently, as well as use hand sanitizers often, to avoid being infected
 - Minimize contamination of hands, avoid touching door handles, table tops, lift buttons, stair banisters, railings in public places
 - Cover your mouth when you sneeze or cough, to avoid infecting people around you
 - Use disposable tissues if you have cough and cold and discard them immediately after use • Improve your immunity by getting adequate sleep, at least 8 hours, drinking 3 liters of water every day and eating a healthy diet with fruits.
 - Take rest and stay at home if feeling unwell for a speedy recovery and to avoid infecting others.
3. For information and guidance.

EDILBERTO L. OPLENARIA, EdD, CESO V
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