



Republic of the Philippines
Department of Education
National Capital Region
DIVISION OF CITY SCHOOLS
City of Mandaluyong

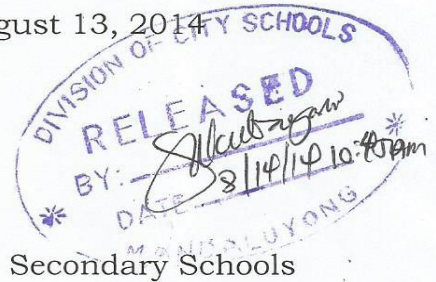


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August 13, 2014

MEMORANDUM

TO : Assistant Schools Division Superintendent
Education Program Supervisors/Coordinator
Public School District Supervisor
Principals, Public and Private Elementary and Secondary Schools



HEALTH ADVISORY ON FEBRILE ILLNESSES IN SCHOOLS

In view of the emergence of new communicable diseases, all school officials and school health and nutrition personnel are instructed to closely monitor the health condition of the school populace using the Preventive Alert System in Schools (PASS).

Occurrence of disease outbreak in schools should be reported to School Health and Nutrition Unit @ 920-14-90.

Enclosed are the Guidelines on the Operationalization of the Preventive Alert System in Schools (PASS) and the Department of Health (DOH) Advisories.

Immediate dissemination of this **Memorandum** is desired.


EVANGELINE P. LADINES, CESO VI
Schools Division Superintendent

/mcv/egd/



Republika ng Pilipinas
(Republic of the Philippines)
KAGAWARAN NG EDUKASYON
(DEPARTMENT OF EDUCATION)
PAMBANSANG PUNONG REHIYON
(NATIONAL CAPITAL REGION)
Daang Misamis, Bago Bantay, Lungsod Quezon
(Misamis St., Bago Bantay, Quezon City)

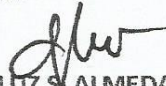
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Department of Education
National Capital Region
RECORDS AND PUBLICATION UNIT

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By: _____
Date: AUG 04 2014 Time: _____

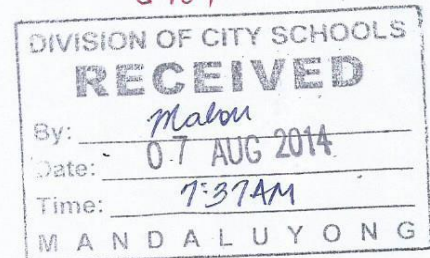
MEMORANDUM

FROM: 
LUZ S. ALMEDA
Director IV

TO: Schools Division Superintendents
School Health and Nutrition Personnel

DATE: August 1, 2014

SUBJECT: **Health Advisory on Febrile Illnesses in Schools**



- 1) In view of the emergence of new communicable diseases like MERS-CoV, resurgence of Ebola and occasional outbreaks other diseases like Measles, Meningococemia, Typhoid fever, Leptospirosis, Dengue fever and Influenza among others, all school officials and school health and nutrition personnel are instructed to closely monitor the health condition of the school populace using the Preventive Alert System in Schools (PASS).
- 2) Health education information campaign should be intensified and cases of febrile illnesses should be referred immediately to proper health authorities/ agencies and followed up. Occurrence of disease outbreak in schools should be reported to the School Health and Nutrition Unit @ 920 1490.
- 3) Enclosed are the DOH advisory on some communicable diseases like influenza, measles, ebola, meningococemia, typhoid fever, dengue, leptospirosis and the Guidelines on the Operationalization of the **Preventive Alert System in Schools (PASS)** for information and guidance.
- 4) For immediate dissemination.

GUIDELINES ON THE OPERATIONALIZATION OF THE PREVENTIVE ALERT SYSTEM IN SCHOOLS (PASS)

1. The Preventive Alert System in Schools (PASS) is a systematic relay of information on the child's or teacher's state of health to appropriate personnel and/or agencies in the locality.
 2. All school heads shall operationalize the PASS in their respective schools.
 3. Teachers-in-charge shall explain in class how the PASS works:
 - Pupils/students will observe the well-being of their own classmates and if someone among them is not feeling well or has cold/cough and feverish, the sick pupils/students will be reported to the teacher of validation.
 - The early morning health inspection shall be conducted routinely by the teacher to detect the presence of fever and the other signs and symptoms of infection. The teacher shall keenly observe the health status of each pupil in the classroom. If he/she finds out that a child is sick, this case shall be reported immediately to the principal.
 - The principal shall notify the family/guardian of the sick child. If the school does not have a physician, the nearest health center physician/municipal health officer or rural health midwife shall be consulted.
 - The illness of the student, teachers or another school employees should be closely monitored by the health personnel.
 4. The schools heads shall closely coordinate with the barangay health workers and with the municipal health offices relative to updates in the occurrence of infectious diseases in the community.
 5. School heads shall conduct daily monitoring of health status of children and personnel, and maintain a record of it.
 6. Schools principals are expected to take the lead in operationalizing the PASS and relay relevant/urgent information to the Schools Division Superintendent and such information be likewise relayed to the Office of the Secretary, Attention: Health and Nutrition Center.
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Meningococemia

Meningococemia is an acute and potentially life-threatening bacterial infection of the bloodstream. The bacteria frequently live in a person's upper respiratory tract without causing visible signs of illness.

Cause

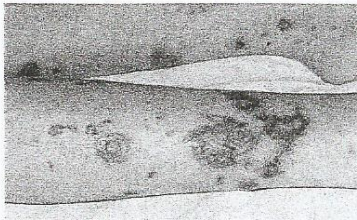
Neisseria meningitidis bacteria

Mode of Transmission

Can be spread from person-to-person through respiratory droplets from coughing, sneezing, kissing, or sharing foods, drinks, and utensils

Signs and Symptoms

- Fever
- Cough, sore throat, other respiratory symptoms
- Pinpoint rashes, which become wider and appear like bruises starting from the legs and arms (large maplike bruise-like patches)
- Severe skin lesions, which may lead to gangrene
- Unstable vital signs
- May or may not have signs of meningitis, such as stiff neck, convulsion (in some cases), delirium, altered mental status, and vomiting



Treatment

- Early recognition of meningococcal infection and prompt treatment with penicillin greatly improve chances of survival.
- Immediately consult the doctor if you are in areas where there are meningococemia cases. Consult also if you: have been to these places in the past 10 days; and manifest fever and other signs and symptoms mentioned above.

Prevention and Control

- If part of a high-risk population, have yourself immunized with a meningococcal conjugate vaccine (per doctor's advice).
- Avoid crowded places.
- Avoid close contacts with meningococemia patients.
- Increase resistance by having healthy diet, regular exercise, and adequate rest/sleep. Do not drink alcohol and do not smoke.
- Maintain clean environment/surroundings.
- Do not share utensils or anything else that has been in the mouth of an infected person.
- Wash hands frequently with soap and water.

References

- DOH Philippines. (2012). Health Advisory on Meningococemia.
- Medline Plus. (2011). Meningococemia. Retrieved from <http://www.nlm.nih.gov/medlineplus/ency/article/001349.htm>

Image from <http://textbookofbacteriology.net/themicrobialworld/meningitis.html>



Dengue

Dengue fever and dengue hemorrhagic fever are acute viral infections that affect infants, young children, and adults.

Cause

Bite of an *Aedes aegypti* mosquito infected with any one of the four dengue viruses

Mode of Transmission

Transmitted by a day-biting mosquito called *Aedes aegypti* and *Aedes albopictus* (These mosquitoes lay eggs in clear and stagnant water found in flower vases, cans, rain barrels, old rubber tires, etc. The adult mosquitoes rest in dark places of the house.)

Signs and Symptoms

- Sudden onset of high fever which may last from 2 to 7 days.
- Joint and muscle pain and pain behind the eyes
- Weakness
- Skin rashes
- Nosebleeding when fever starts to subside
- Abdominal pain
- Vomiting of coffee-colored matter
- Dark-colored stools
- Difficulty of breathing

Treatment

- Do not give aspirin for fever.
- Give sufficient amount of water or rehydrate a dengue suspect.

- If fever or symptoms persist for 2 or more days, bring the patient to the nearest hospital.

Prevention and Control

Follow the 4-S against Dengue:

1. Search and Destroy

- Cover water drums and pails.
- Replace water in flower vases once a week.
- Clean gutters of leaves and debris.
- Collect and dispose all unusable tin cans, jars, bottles and other items that can collect and hold water.



2. Self-Protection Measures

- Wear long pants and long sleeved shirt.
- Use mosquito repellent every day.

3. Seek Early Consultation

Consult the doctors immediately if fever persists after 2 days and rashes appears.

4. Say Yes to Fogging When There is an Impending Outbreak or a Hotspot

References

- DOH Philippines. (2005). Health Advisory on Dengue.
- World Health Organization. (2011) Dengue haemorrhagic fever. Retrieved from <http://www.who.int/csr/disease/dengue/en>.

Image from <http://www.dilg.gov.ph/news.php?id=32&newsCategory=Central>



Ebola

The Ebola virus belongs to the Filoviridae family (filovirus) and is comprised of five distinct species: Zaïre; Sudan; Côte d'Ivoire; Bundibugyo; and Reston. Subtypes Zaire, Sudan, and Ivory Coast can cause hemorrhagic symptoms; Reston does not.

Reston was previously found among Philippine monkeys. The virus was found in sick pigs in the Philippines. Ebola Reston has not caused illness to humans to date but Ebola has.

Cause

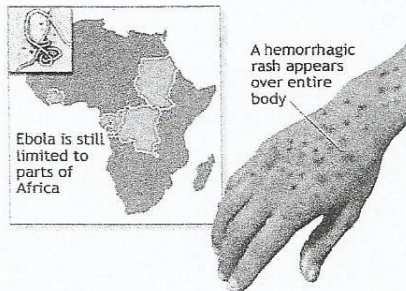
Ebola virus subtype Reston

Mode of Transmission

Direct contact with the blood, secretions, organs or other body fluids of infected persons.

Signs and Symptoms

- Sudden onset of fever
- Intense weakness
- Muscle pain
- Headache
- Sore throat
- Vomiting
- Diarrhea
- Rash
- Impaired kidney and liver function
- Internal and external bleeding



Treatment

There is no standard treatment.

Prevention and Control

- Wear protective clothing, such as masks, gloves, gowns, and goggles.
- Use infection-control measures, including complete equipment sterilization; and isolate patients from contact with unprotected persons.

The aim of all of these techniques is to avoid any person's contact with the blood or secretions of any patient. If a patient with Ebola HF dies, it is equally important that direct contact with the body of the deceased patient be prevented.

References

- World Health Organization. (2011). Ebola haemorrhagic fever. Centers for Disease Control and Prevention. (2009). Questions and Answers about Ebola Hemorrhagic Fever. Retrieved from <http://www.cdc.gov/ncidod/dvrd/spb/mnpages/dispages/ebola/qa.htm>
- World Health Organization. (2008) Ebola haemorrhagic fever. Retrieved from <http://www.who.int/mediacentre/factsheets/fs103/en/>

Image from <http://ka1marti.wordpress.com/>



Influenza

Influenza, commonly called the flu, is a viral infection that attacks the respiratory system. This type of flu is not the same as the stomach “flu” virus that causes diarrhea and vomiting. Young children, older adults, pregnant women, and people who have weakened immune system are highly susceptible to flu. Incubation period is 1-3 days.

Cause

- Influenza virus (A, B, or C)

Mode of Transmission

- Entry of the Influenza virus (A, B, or C) into the respiratory tract when someone coughs or sneezes
- Contact with the surfaces, material, and clothing contaminated with discharges of an infected person

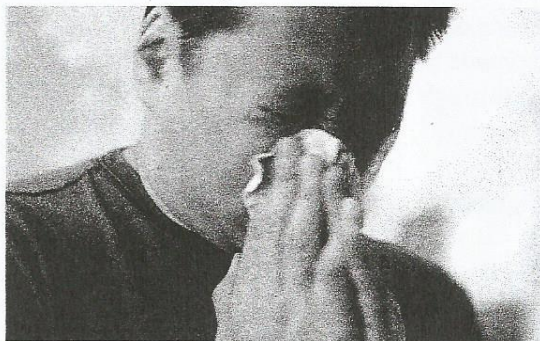
Signs and Symptoms

- Fever of at least 38°C
- Headache
- Runny nose, sore throat, cough, or other respiratory manifestations
- May or may not have muscle or joint pains

Treatment

- Use of antiviral agents, such as oseltamivir (Tamiflu) or zanamivir (Relenza), within the first 2 days may shorten the illness and help prevent serious complications.
- Have adequate rest.
- Increase intake of oral fluids and nutritious foods.

- Take paracetamol for fever. Aspirin should not be given to children.
- Antibiotics should be given only to complications of influenza, such as pneumonia or otitis media.



Prevention

- Give influenza vaccination preferably annually.
- Minimize contact with a person who has influenza.
- Avoid crowded places.
- Distance yourself by at least 1 meter from people who are coughing or have influenza.
- Cover mouth and nose when sneezing or coughing to prevent spread of the virus.
- Wash hands frequently with soap and water.

References

- DOH Philippines. (2005). Health Advisory on Influenza.
- World Health Organization. (2011). Influenza. Retrieved from <http://www.who.int/topics/influenza/en>

Image from http://article.wn.com/view/2011/12/30/Potent_strain_of_influenza_gains_a_foothold_in_BC/



Typhoid Fever

Typhoid fever is an infectious disease which is also known as enteric fever or just typhoid.

Cause

Salmonella typhi bacteria

Mode of Transmission

Spreads through contaminated food and water or through close contact with someone who is infected

Signs and Symptoms

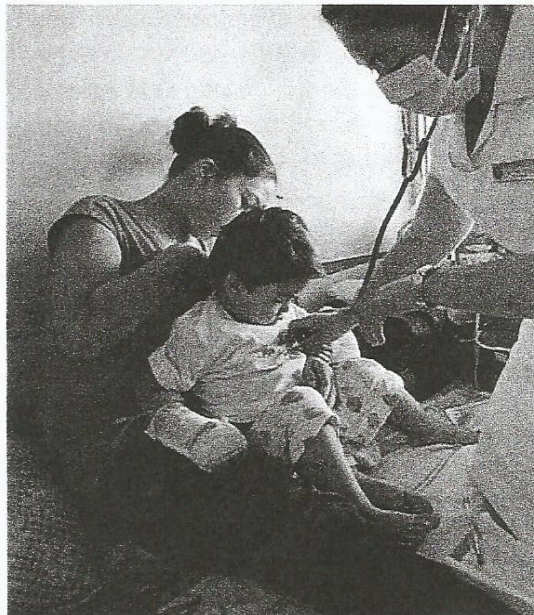
- Sustained high fever
- Headache
- Malaise (weakness)
- Anorexia (loss of appetite)
- Either diarrhea or constipation
- Abdominal discomfort

Treatment

Antibiotics, such as ciprofloxacin, may be given to adults. Ceftriaxone (injectable antibiotic) may be given to pregnant women and children.

Prevention and Control

- Avoid drinking untreated water. Boil water for drinking (upon reaching boiling point, extend boiling for 2 or more minutes) or do water chlorination.
- Cook food well and always cover food to prevent contamination from flies and other insects.
- Avoid eating unsanitary street-vended foods.



- Wash hands with soap and water after using the toilet and before eating.
- Keep surroundings clean to prevent breeding of flies.
- Get immunized with WHO pre-qualified oral injectable vaccines.

References

- Balentine, Jerry R. (2011) Typhoid Fever. Retrieved from http://www.medicinenet.com/typhoid_fever/article.htm
- Centers for Disease Control and Prevention. (2011). Typhoid Fever. Retrieved from http://www.cdc.gov/nczved/.../typhoid_fever/
- DOH Philippines. (2005). Health Advisory on Typhoid Fever.

Image from http://www.allvoices.com/people/Vital_signs