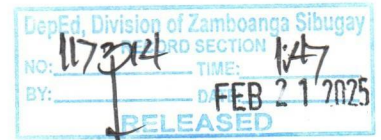




Republic of the Philippines  
**Department of Education**  
 REGION IX – ZAMBOANGA PENINSULA  
**SCHOOLS DIVISION OF ZAMBOANGA SIBUGAY**



21 February 2025

**DIVISION MEMORANDUM**

No. 001s. 2025

**DENGUE PREVENTION ACTIVITIES IN SCHOOLS**

To: Assistant Schools Division Superintendent  
 Chiefs of SGOD and CID  
 Public Schools District Supervisors/District-In-Charge  
 All school heads  
 All Others Concerned  
*This Division*

1. This office through the School Health and Nutrition Unit (SHNU) of the Schools Governance and Operations Division (SGOD) informs the schools and offices to conduct Dengue Prevention Activities to reduce dengue transmission and preventing outbreaks. These activities include the 5s strategies:
  - a. Search and destroy operation of mosquito breeding places
    - conduct clean-up drive of all classrooms and its vicinity
    - destroy mosquito breeding places such as bottles, cans, pots, tires, etc.
    - ensure proper drainage of canals and other water ways
  - b. Self-protection measures
    - wearing of light-colored long sleeves and long pants are advised
    - use insect repellent appropriately
  - c. Seek early consultation
    - referral of learners and personnel with symptoms of dengue such as high fever, headache and rashes
  - d. Say yes to misting when there is an impending outbreak
  - e. Sustained hydration
    - keep drinking oral rehydration solution and water specially when there is fever
2. School officials are also encouraged to revive the daily 4 o'clock habit and reactivate the dengue brigade program.
3. Cases of dengue fever shall be reported to the division office thru the district/school nurses using the attached format.
4. Immediate dissemination and compliance of this memorandum are desired.

Encl.: As stated  
 References: Monitoring and Evaluation Plan  
 To be indicated in the Perpetual Index  
 Under the following subjects:  
 HLI MONITORING  
 ZS-DM-SGOD-SHN-2025-02 018-0  
 SDB-20250221

**VIRGILIO P. BATAN, JR., CESO V**  
 Schools Division Superintendent



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 📱 DepEd Tayo Zamboanga Sibugay Division



DATE: \_\_\_\_\_

**DENGUE CASES REPORTING FORM**  
**SY: \_\_\_\_\_**

DISTRICT	SCHOOL	NAME OF LEARNER/PERSONNEL	AGE	SEX	GRADE LEVEL	STATUS			RESIDENTIAL ADDRESS
						RECOVERED	UNDER TREATMENT	DECEASED	

REPORTED BY: \_\_\_\_\_

NOTED BY: \_\_\_\_\_



# 5S DISKARTE

# kontra sa DENGUE



## 1 SEARCH & DESTROY

- Takpan ang mga sisidlan ng tubig at regular na palitan ang tubig sa flower vases
- Panatilihing malinis ang kapaligiran at itapon nang maayos ang mga maaring pamugaran ng lamok.



## 3 SEEK EARLY CONSULTATION

- Agad na kumonsulta sa mga health centers o pagamutan kapag nilalagnat sa loob ng 2 araw.



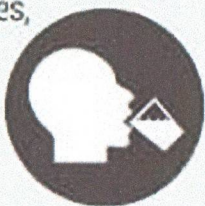
## 4 SAY YES TO MISTING WHEN THERE IS AN IMPENDING OUTBREAK OR A HOTSPOT

- Angkop na pagpapasok o misting sa mga lugar na may mataas na insidente ng Dengue.



## 2 SELF-PROTECTION MEASURES

- Magsuot ng long pants at long sleeves, o kaya ay high socks kung kinakailangan.
- Gumamit ng angkop na mosquito repellent.



## 5 SUSTAINED HYDRATION

- Panatilihin ang pag-inom ng oral rehydrating solution o paglalagay ng swero kung kinakailangan.



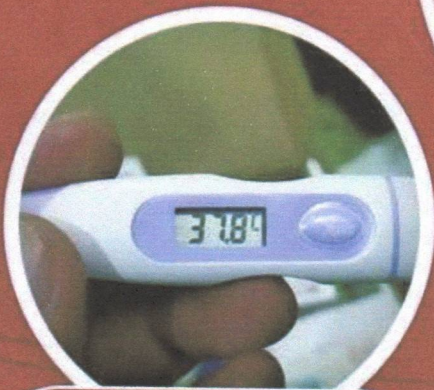
# DENGUE

Ang Dengue ay isang nakakamatay na sakit at nakukuha mula sa kagat ng lamok.



Babaeng Lamok na *Aedes aegypti*

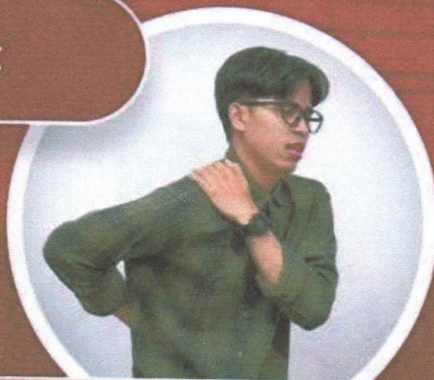
## MGA SINTOMAS:



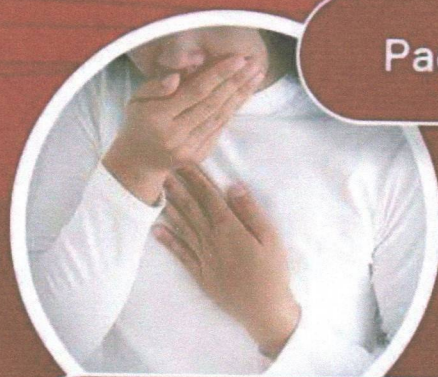
Lagnat



Pagpapantal



Pananakit ng katawan, Kalamnan, at mga mata



Pagkahilo at Pagsusuka



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**Bawat Buhay  
Mahalaga**



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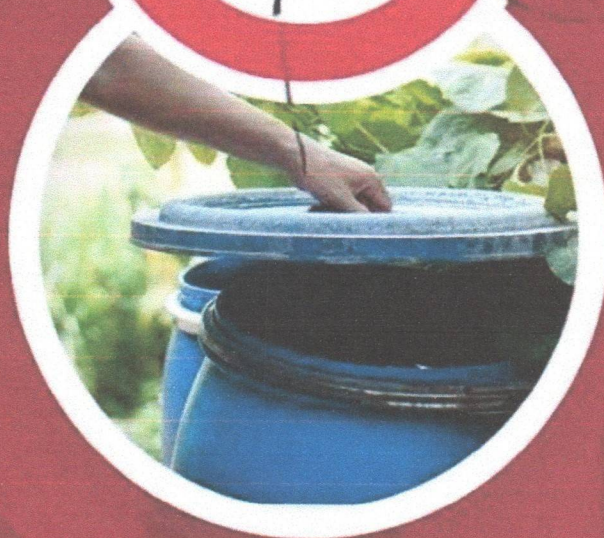
# Puksain ang mga kiti-kiti, bawasan ang kaso ng Dengue!



Linisin ang  
kapaligiran



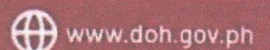
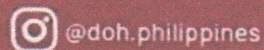
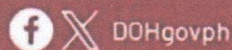
Gumamit  
ng mga  
insecticide



I-taob at takpan ang mga  
napag-ipunan ng tubig



Sa Bagong Pilipinas,  
**Bawat Buhay  
Mahalaga**



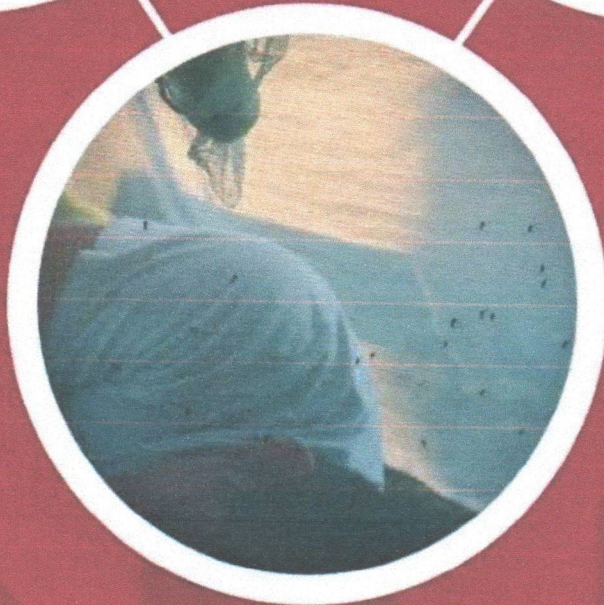
# Protektahan ang sarili mula sa kagat na may dalang Dengue!



Magsuot ng long-sleeves at pantalon



Gumamit ng insect repellent



Gumamit ng kulambo pag natutulog



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**Bawat Buhay Mahalaga**



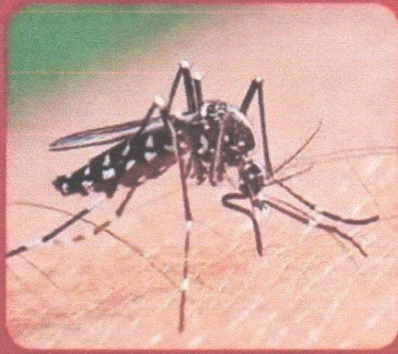
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## Magpakonsulta sa unang sintomas (*lagnat ng 2 araw*) ng Dengue!



Pumunta agad sa pinakamalapit na health center.

Wag paabutin sa malalang kaso ng Dengue! Ang malubhang kaso ng Dengue ay nangangailangan ng **atensyon ng Doktor!**



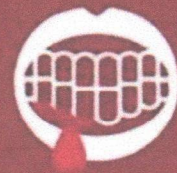
### WARNING SIGNS:



Pananakit ng Tiyan



Pagsusuka



Pagdugo ng gilagid



Dugo sa dumi ng tao



Panghihina



Pagdugo ng ilong

May **PhilHealth Package** para sa nangangailangan ng gamutan sa ospital!



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