



Republic of the Philippines
Department of Education
REGION VII - CENTRAL VISAYAS

Office of the Schools Division Superintendent

04 APR 2024

DIVISION MEMORANDUM

No. **0303**, s. 2024

HEALTH ADVISORY IN RESPONSE TO EXTREME HEAT CONDITIONS

To: Assistant Schools Division Superintendent
Chiefs, CID and SGOD
Education Program Supervisors
Senior Education Program Specialists/Education Program Specialists
Public District Supervisors/District-In-Charge
Public Elementary/Secondary School Heads
Division Nurses
All Others Concerned

1. This Office, through the School Health Section, disseminates the important information about extreme heat conditions and measures needed to prevent such.
2. All schools are hereby encouraged to perform these important measures for their safety and well-being.
3. Herewith are infographics about heat stroke from the Department of Health. Information, education and communication (IEC) materials can be accessed through this link: **<https://tinyurl.com/IECBeatTheHeat>**
4. Immediate dissemination of and compliance with this Memorandum are desired.

NERI C. OJASTRO EdD, CESO V
Schools Division Superintendent

4/3/24

NCO/EQV-RBV/SGOD/RBP/kdelacruz
April 3, 2024



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1. According to the Centers for Disease Control and Prevention (CDC), in very hot conditions, a person's body may be unable to properly cool itself, leading to serious health problems.
2. Based on PAGASA's recent heat index, temperatures ranging from 33C to 41C are classified under "extreme caution", while 42C up to 51C is dangerous as heat exhaustion is likely and there's a high possibility for heat stroke.
3. These are the signs and symptoms to watch out for:
 - a. Dizziness
 - b. Warm, flushed skin
 - c. Headache
 - d. Very high fever of 40C
 - e. Rapid heartbeat
 - f. Convulsions
 - g. Unconsciousness
4. According to the Department of Health, the following are first aid measures for a person experiencing symptoms stated above:
 - a. Move the person to a shady spot indoors.
 - b. Have the person lie down with legs elevated.
 - c. Remove clothing, apply cool water to the skin, and fan the person.
 - d. Apply ice packs to armpits, wrists, ankles and groin.
 - e. If conscious and able to drink, encourage to sip cool water.
5. All persons experiencing the signs and symptoms above must be brought immediately to the nearest health facility after applying emergency measures.
6. To prevent heat illnesses, here are the recommended measures:
 - a. Limit the amount of time you spend outdoors.
 - b. Drink plenty of water.
 - c. Avoid tea, coffee, soda and alcohol.
 - d. Choose lightweight, light-colored and loose fitting clothing.
 - e. Cut down exercises or strenuous outdoor activities.
 - f. Wear sunscreen (at least SPF 15).



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Know the signs and symptoms of
heat stroke so that we can

Beat the Heat!

- ✦ Temperatura na sobra sa 40°C
- ✦ Mainit, namumula at tuyong balat
- ✦ Pagkawala ng malay, kombulsyon, disorientation o nawawala sa sarili
- ✦ Pagkahilo, pananakit ng ulo, pagsusuka o pagduduwal
- ✦ Pangangalay o pamumulikat ng mga kalamnan



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Alamin ang mga paunang-lunas sa
mga heat emergencies

! Beat the Heat!

- ☀ Ilipat ang biktima sa malilim at malamig na lugar o iiwas agad sa tirik na sikat ng araw
- ☀ Tanggalin ang mga damit na dumadagdag sa init ng katawan
- ☀ Wisikan o ispray ng tubig ang buong katawan
- ☀ Paypayan o itapat sa electric fan
- ☀ Kung may ice packs, ilagay ang ito sa pisngi, palad, at talampakan ng biktima
- ☀ Tumawag agad ng tulong at dalhin sa pinakamalapit na primary care provider

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Alamin natin how to

Beat the Heat

with these tips!

- ★ Iwasang lumabas ng bahay kapag mataas na ang sikat ng araw. Maaaring gawin nang maaga o sa bandang hapon kung kailan di na mataas ang tirik ng araw ang mga gawain sa labas kung maaari.
- ★ Keep hydrated! Uminom ng maraming tubig.
- ★ Magdala ng payong o pamprotekta sa matinding init ng araw.
- ★ Magsuot ng magagaan at maluluwag na damit. Iwasang magsuot ng mga dark colored na damit.



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