



Republic of the Philippines
Department of Education
REGION VII – CENTRAL VISAYAS
Schools Division Office of Bohol

**Office of the Schools Division
Superintendent**

August 20, 2024

DIVISION MEMORANDUM

No. **382**, s. 2024

Dengue Prevention and Control Measures in Schools and Offices

To: Public Schools District Supervisors
Public School Administrators
School Health Unit Personnel
All others concerned

1. Dengue is a global health issue especially in tropical countries such as the Philippines. It can cause severe illness, including dengue hemorrhagic fever and dengue shock syndrome. Dengue outbreaks can overwhelm healthcare systems as well as have significant economic consequences.
2. Thus, this memorandum advocates the Dengue prevention and control campaign of the Department of Health, the 5S Kontra Dengue:
 - a. Search and destroy mosquito breeding sites.
 - b. Self-protect with light-colored, long-sleeved clothes and use of insect repellents
 - c. Seek early consultation at the nearest health care facility.
 - d. Support fogging, spraying, and misting in hot spot areas.
 - e. Sustain hydration.
3. This memorandum is for widest dissemination and strict compliance.


CASIANA P. CABERTE, PhD, CESO VI
Schools Division Superintendent 

SGOD/SHS/madl



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Deng-GET Out!

5S

Ang dating 4S Kontra Dengue lalong pinatibay!
Mag-5S na!

- 1 Search and Destroy
- 2 Self-protect
- 3 Seek consultation
- 4 Support fogging in outbreak areas
- 5 Sustain hydration

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Deng-GET Out!

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Search and Destroy

Ang mga lamok ay namamahay sa mga lalagyan ng tubig tulad ng mga:

- Lumang gulong
- Balde at drum
- Alulod
- Butas sa lupa
- Paso

Takpan o itaob ang mga ito, o itapon ang nakokolektang tubig para hindi maging tirahan ng mga kiti-kiti at lamok!

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Healthy Pilipinas
sa ating mga Primary Care Providers



Self-protect

Anu-ano ang mabuting isuot para makaiwas sa dengue?



Long sleeves



Light-colored na damit



Mahahabang pantalon



Mosquito repellent

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Healthy Pilipinas
sa ating mga Primary Care Providers



Seek Consultation

Kung ikaw ay nagkaroon ng biglaang mataas na lagnat na tumagal lampas 2 araw, at mayroon kang kahit isa sa mga sumusunod:



- ✦ Pananakit ng katawan
- ✦ Panghihina
- ✦ Pantal sa balat
- ✦ Sakit ng tiyan
- ✦ Pagdugo ng ilong pagkatapos ng lagnat
- ✦ Pagsusuka
- ✦ Maitim na dumi
- ✦ Hirap sa paghinga
- ✦ Sakit sa likod ng mata

Magpakonsulta sa iyong Primary Care Provider sa pinakamalapit na Health Center!

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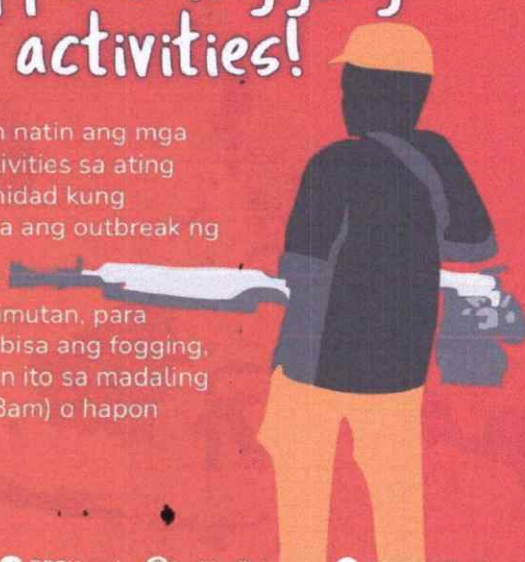
Deng, Get Out! **5S**

Healthy Pilipinas **Konsult@yo**
Primary Care Providers

Support fogging activities!

Suportahan natin ang mga fogging activities sa ating mga komunidad kung nagbabadya ang outbreak ng dengue!

Huwag kalimutan, para maging mabisa ang fogging, dapat gawin ito sa madaling umaga (6-8am) o hapon (4-6pm)!



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Deng, Get Out! **5S**

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Primary Care Providers

Sustain hydration

Kapag may dengue, huwag kalimutang uminom ng sapat na inuming tubig, para maiwasan ang dehydration na dulot ng lagnat o pagsusuka.



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