MEMORANDUM

TO: Schools Division Superintendents

FROM: RAMON FIEL G. ABCEDE
Regional Director

SUBJECT: HEALTH ADVISORY FOR EL NIÑO PHENOMENON

Date: September 22, 2015

1. The Department of Health Regional Office V through the Regional Health Emergency and Epidemiological and Surveillance Unit (RHEEMSU) is releasing a health advisory regarding heightened risk of certain vector-borne diseases and rodent-borne diseases that can be triggered by extreme weather conditions during the El Niño Phenomenon. PAG-ASA reports that Bicol Region will be affected by this phenomenon with areas of vulnerability in the provinces of Catanduanes, Camarines Norte, Camarines Sur and Masbate.

2. Attached is a copy of the health advisory for your information as to health effects and preparedness of action.

3. For immediate and widest dissemination.

To: Public Schools District Supervisors
Elementary and Secondary School Heads

For immediate dissemination to all concerned.

October 6, 2015

NEMPHI D. GUIOM
Assistant Schools Division Superintendent
Officer-In-Charge

ESSD/HNU/mvpm
Characterized by extreme climatic conditions; extreme temperature rise with little rainfall, and at the opposite extreme, there is unusually heavy rainfall.

Health Effects
- Diseases related to water scarcity or shortage such as diarrhea and skin diseases
- Red Tide Blooms: Paralytic shellfish poisoning
- Disorders associated with high temperatures: heat cramps, heat exhaustion, exertional heat injury and heat stroke

What to do?
- Conserve water and use it wisely.
- Protect water sources from contamination.
- Drink more fluids.
- Listen to the updates on shellfish ban.
- Wear light clothing.
- Avoid strenuous physical activity.

Be prepared for the coming of El Niño phenomenon!