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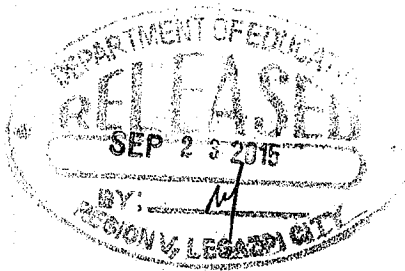


REPUBLIC OF THE PHILIPPINES
Department of Education
REGION V
REGIONAL CENTER SITE, RAWIS, LEGAZPI CITY
Tel. (052) 482-0046 Fax: (052) 482-0373
www.depedregion5.ph email: depedregion5@yahoo.com

DATE DURING OF INTERVIEW
OCT 06 2015
11:00 AM
REGION V BICOL

MEMORANDUM

TO : Schools Division Superintendents



FROM : 
RAMON FIEL G. ABCEDE
Regional Director

003108

SUBJECT : HEALTH ADVISORY FOR EL NIÑO PHENOMENON

Date : September 22, 2015

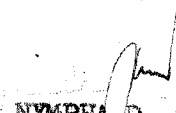
1. The Department of Health Regional Office V through the Regional Health Emergency and Epidemiological and Surveillance Unit (RHEESU) is releasing a health advisory regarding heightened risk of certain vector-borne diseases and rodent-borne diseases that can be triggered by extreme weather conditions 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.

October 6, 2015

To: Public Schools District Supervisors
Elementary and Secondary School Heads

For immediate dissemination to all concerned.

RELEASED
DepEd-Division Office of Catanduanes
RECORDS SECTION
OCT 07 2015
8:20 AM


NYMPHA D. GUERMO
Assistant Schools Division Superintendent
Officer-In-Charge

ESSD/HNU/mrvpm

HEALTH ADVISORY

National Center for Health Promotion
National Center for Disease Prevention and Control



EL NIÑO Phenomenon

*characterized by extreme climatic conditions;
extreme temperature rise with a 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!**