



Republic of the Philippines
Department of Education
 REGION I

DEPARTMENT OF EDUCATION
 REGION I
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 May 19 2023

SDO ALAMINOS
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 RECORDS UNIT

REGIONAL MEMORANDUM
 ESSD-2023 No. 414

**ADVISORY ON THE PREVENTION OF DISEASES DURING
 THE 2023 EL NIÑO CYCLE**

To: Schools Division Superintendents
 All Others Concerned

1. This refers to the attached Memorandum of Director Neneth Esplana-Alama of the Bureau of Learner Support Services (BLSS), DepED Central Office dated April 27, 2023 on the Advisory on the Prevention of Diseases during the 2023 El Niño Cycle by the Department of Health for information and guidance.
2. Immediate dissemination of this Memorandum is desired.

For the Regional Director:

RHODA T. RAZON
 Director III

Incls: As stated

ESSD-RJSC/OfficeMEMORO1
 May 10, 2023

Republic of the Philippines
 Department of Education
 REGION I
 SCHOOLS DIVISION OFFICE OF ALAMINOS CITY

Office of the Schools Division Superintendent

DIVISION MEMORANDUM
DM-2023-246

TO: Assistant Schools Division Superintendent
 Chief Education Supervisor - CID
 Chief Education Supervisor - SGOD
 Head of Public and Private Elementary and Secondary Schools

**SUBJECT: ADVISORY ON THE PREVENTION OF DISEASES DURING
 THE 2023 EL NIÑO CYCLE**

FROM: Office of the Schools Division Superintendent

DATE: May 12, 2023

Widest dissemination of this memorandum is enjoined.

VIVIAN LUZ S. PAGATPATAN, CESO VI
 Assistant Schools Division Superintendent
 Officer-in-Charge
 Schools Division Superintendent



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Republic of the Philippines
Department of Education
BUREAU OF LEARNER SUPPORT SERVICES

Office of the Director

**ADVISORY ON THE PREVENTION OF DISEASE DURING
THE 2023 EL NIÑO CYCLE**
April 27, 2023

1. Authorities have declared the strong possibility of El Niño developing from July to September 2023 and persisting into the first quarter of 2024. This weather phenomenon is characterized by extreme climatic conditions, that is - extreme temperature rise with a little rainfall and, at the opposite end, unusually heavy rainfall.
2. Scientists have established the strong link between El Niño and disease outbreaks in a study of the severe El Niño event of 2015-2016, which generated excess rainfall and flooding, drought, and temperature extremes that created ecological conditions potentially favoring disease transmission in affected regions worldwide.
3. The Department of Health (DOH) has noted the health problems engendered by this weather cycle, including diseases related to water scarcity or shortage such as diarrhea and skin diseases, paralytic shellfish poisoning due to Red Tide Blooms, disorders associated with high temperatures such as heat cramps, heat exhaustion, heat stroke, and heat-associated diseases such as sore eyes and measles.
4. In light of the above, the Department of Education (DepEd) reiterates the DOH advisory in favor of: (a) conserving water and using it wisely, (b) protecting water sources from contamination, (c) staying hydrated by drinking eight glasses of water, (d) taking a bath every day to cool the body and prevent rashes and skin infections, (e) storing enough water in clean and covered containers, (f) reducing breeding sites of mosquitoes, (g) avoiding strenuous physical activity, (h) switching off lights and other appliances when not in use, (i) using sunblock or sunscreen when going out, and (j) seeking medical attention if experiencing symptoms of a disease.
5. Furthermore, the DOH strongly enumerates the following: (a) avoiding strenuous physical activities, (b) not drinking from doubtful water sources, (c) not staying under the sun without proper protection, especially from 10 a.m. to 4 p.m., (d) avoiding self-medication, and (e) avoiding drinking too much coffee and alcoholic beverages.
6. School officials are instructed to take the lead in protecting learners, teachers, and non-teaching personnel from the above threats to health by:

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