



Republic of the Philippines
Department of Education

REGION I

SCHOOLS DIVISION OFFICE OF ALAMINOS CITY



Office of the Schools Division Superintendent

DIVISION MEMORANDUM
DM-2024-015

TO : Chief Education Supervisors
Education Program Supervisors
Heads of All Public Elementary and Secondary Schools
All Others Concerned

SUBJECT : **PNEUMONIA HEALTH ADVISORY**

FROM : Schools Division Superintendent

DATE : January 12, 2024

1. Typical pneumonia, commonly caused by infection with *Streptococcus pneumoniae*, poses a serious health risk to children and adults. Its symptoms include fever, shortness of breath, cough, chills, fatigue, and headache. Different bacteria cause atypical or walking pneumonia and often have milder symptoms.
2. To ensure the health and safety of our school community, this Office, through the School Health and Nutrition Unit, is actively monitoring for the symptoms, which may be indicative of community-acquired pneumonia and walking pneumonia.
3. Please use this link to report cases of confirmed or suspected pneumonia, or individuals with flu-like symptoms: <https://bit.ly/47vUT0b>.
4. All personnel and learners are encouraged to adopt these simple habits to keep ourselves and each other safe from preventable illnesses like pneumonia.
 - a. Wash Up:
 - Frequent handwashing with soap and water, especially after coughing, sneezing, or visiting public places, is crucial for stopping the spread of germs.
 - Carry hand sanitizer when soap and water aren't readily available.
 - b. Mask Up:
 - Wearing a well-fitting mask, especially indoors or in crowded settings, significantly reduces the risk of inhaling respiratory droplets that can carry pneumonia-causing germs.
 - c. Breathe easy with good ventilation:
 - Open windows and doors whenever possible to allow fresh air to circulate.

With hundred reasons to serve!



Address: San Jose Drive, Poblacion, Alaminos City, Pangasinan

Telephone Number: (075) 205 - 0644

Website: depedalaminoscitey.com

Email Address: alaminos.city@deped.gov.ph



Republic of the Philippines
Department of Education

REGION I
SCHOOLS DIVISION OFFICE OF ALAMINOS CITY

Office of the Schools Division Superintendent

- d. Isolate when you're not feeling well:
 - If you're experiencing fever, cough, shortness of breath, or other flu-like symptoms, stay home and rest.
 - Isolate yourself from others to prevent the spread of the illness, especially if you suspect you might have pneumonia.
 - Seek medical attention promptly for proper diagnosis and treatment.
 - e. Get vaccinated for extra protection:
 - Vaccination is one of the most effective ways to prevent pneumonia.
 - Ensure you are up to date on recommended vaccinations, including pneumococcal and influenza vaccines.
5. Attached are infographics from the Department of Health for further information on pneumonia.
6. For information, guidance, widest dissemination, and compliance.

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

With hundred reasons to serve!



Address: San Jose Drive, Poblacion, Alaminos City, Pangasinan
Telephone Number: (075) 205 - 0644
Website: depedalaminoscity.com
Email Address: alaminos.city@deped.gov.ph



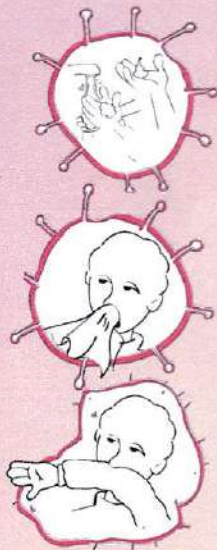
Republic of the Philippines
Department of Education

REGION I
SCHOOLS DIVISION OFFICE OF ALAMINOS CITY

Office of the Schools Division Superintendent

HEALTH ADVISORY

Nagkaroon ng pneumonia outbreak sa Wuhan, China noong December 31, 2019 (WHO, 2019). Ang mga sintomas nito ay **lagnat, ubo at hirap sa paghinga**. Wala pang kaso sa Pilipinas subalit maring pinag-iingat ang lahat.



Gawin ang sumusunod:

- Regular na maghugas ng kamay.
- Takpan ang ilong at bibig kapag uubo o babahin gamit ang braso. Itapon sa tamang basurahan ang ginamit na tisyu.
- Iwasang makihalubilo kapag masama ang pakiramdam may lagnat, sipon, ubo at hirap sa paghinga.
- Iwasan ang malapit na pakikipag-ugnayan sa mga may sakit.
- Iwasan ang paghawak sa mga mata, ilong o bibig.
- Pabakunahan ang mga bata ayon sa *immunization schedule* (hal. laban sa tigdás, dipterya, at iba pa.)

Agad na kumonsulta sa pinakamalapit na health facility kapag may lagnat at hirap sa paghinga.



OfficialDOHgov
doh.gov.ph

711-1001
711-1002

With hundred reasons to serve!



Address: San Jose Drive, Poblacion, Alaminos City, Pangasinan
Telephone Number: (075) 205 - 0644
Website: depedalaminocity.com
Email Address: alaminos.city@deped.gov.ph



Republic of the Philippines
Department of Education

REGION I
SCHOOLS DIVISION OFFICE OF ALAMINOS CITY

Office of the Schools Division Superintendent

HEALTH ADVISORY

Nagkaroon ng pneumonia outbreak sa Wuhan, China noong December 31, 2019 (WHO, 2019). Ang mga sintomas nito ay lagnat, ubo at hirap sa paghinga.

Gawin ang sumusunod:



- Regular na maghugas ng kamay.



- Takpan ang ilong at bibig tuwing ubo o babahin gamit ang braso o tisyu. Itapon sa tamang basurahan ang ginamit na tisyu.



- Iwasang makihalubilo sa ibang tao kapag masama ang pakiramdam tulad ng lagnat, sipon, ubo at hirap sa paghinga.

Agad na kumonsulta sa pinakamalapit na health facility kapag may lagnat at hirap sa paghinga.



OfficialDOHgov
doh.gov.ph

711-1001
711-1002

With hundred reasons to serve!



Address: San Jose Drive, Poblacion, Alaminos City, Pangasinan
Telephone Number: (075) 205 - 0644
Website: depedalaminoscity.com
Email Address: alaminos.city@deped.gov.ph



Republic of the Philippines
Department of Education

REGION I
SCHOOLS DIVISION OFFICE OF ALAMINOS CITY

Office of the Schools Division Superintendent

PNEUMONIA

Pneumonia is an infection of the lungs that is most commonly caused by infection agents, including viruses, bacteria, and fungi.



Universal Health Care
Alamin mo, kasama ka dito.

 ro7.doh.gov.ph
[@DOH7govph](https://www.facebook.com/DOH7govph)

With hundred reasons to serve!



Address: San Jose Drive, Poblacion, Alaminos City, Pangasinan
Telephone Number: (075) 205 - 0644
Website: depedalaminoscity.com
Email Address: alaminos.city@deped.gov.ph



Republic of the Philippines
Department of Education

REGION I
 SCHOOLS DIVISION OFFICE OF ALAMINOS CITY

Office of the Schools Division Superintendent

PNEUMONIA

MODE OF TRANSMISSION

- Via air-borne droplets from a cough or sneeze
- Direct contact with infected people
- Through blood, especially during and shortly after birth

SIGNS AND SYMPTOMS

- Cough
- Fever
- Difficulty in breathing/fast breathing or lower chest indrawing
- Wheezing is more common in viral infections
- Unable to feed or drink*
- Unconsciousness*
- Hypothermia*
- Convulsions*

*Maybe for very severe ill infants

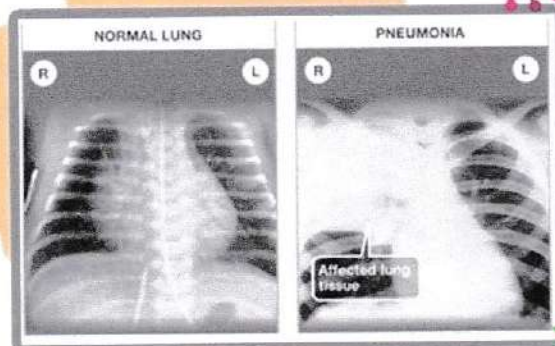


Image from: <http://www.aboutkidshealth.ca/pneumonia>

RISK FACTORS

- Children whose immune systems are compromised
- Malnourished/undernourished
- Infants who are not exclusively breastfed




Universal Health Care

Alamin mo, kasama ka dito.

ro7.doh.gov.ph

@DOH7govph

With hundred reasons to serve!



Address: San Jose Drive, Poblacion, Alaminos City, Pangasinan
 Telephone Number: (075) 205 - 0644
 Website: depedalaminocity.com
 Email Address: alaminos.city@deped.gov.ph



Republic of the Philippines
Department of Education

REGION I
SCHOOLS DIVISION OFFICE OF ALAMINOS CITY

Office of the Schools Division Superintendent

PNEUMONIA



HOW TO PROTECT CHILDREN BY ESTABLISHING GOOD HEALTH PRACTICES FROM BIRTH

- Exclusive breastfeeding for 6 months
- Adequate complementary feeding
- Vitamin A supplementation

HOW TO PREVENT CHILDREN BECOMING ILL FROM PNEUMONIA

- Vaccination: DPT-Hep B, Hib, and PCV 13
- Handwashing with soap
- Reduce household air pollution
- Contrimoxazole prophylaxis for HIV-infected and exposed children



**DPT-HEP B,
HIB & PCV 13
VACCINE**



HOW TO TREAT CHILDREN WHO ARE ILL FROM PNEUMONIA

- Improve care seeking and referral
- Case management at the health facility and community level
- Antibiotics (amoxicillin)
- Continued feeding (including breastfeeding)



Universal Health Care
Alamin mo, kasama ka dito.

ro7.doh.gov.ph
f @DOH7govph

With hundred reasons to serve!



Address: San Jose Drive, Poblacion, Alaminos City, Pangasinan
Telephone Number: (075) 205 - 0644
Website: depedalaminoscity.com
Email Address: alaminos.city@deped.gov.ph