



Republic of the Philippines  
**Department of Education**  
Negros Island Region  
SCHOOLS DIVISION OF SAGAY CITY

DIVISION MEMORANDUM  
No. 667, s. 2025

October 22, 2025

**REITERATION OF HEALTH PROTOCOLS FOR THE PREVENTION AND  
MANAGEMENT OF INFLUENZA-LIKE ILLNESSES**

To: Assistant Schools Division Superintendent  
Chief of Education Supervisors – CID & SGOD  
Public Schools District Supervisors  
School Heads of Public Elementary and Secondary Schools  
Private Schools Administrators  
All Others Concerned

1. With the onset of the cold weather season, there has been a noted increase in influenza and other flu-like illnesses in various communities nationwide. In this regard, the School Health and Nutrition Unit reiterates the importance of wearing face masks and implementing other preventive health measures to minimize the risk of transmission within our school community.
2. All school personnel, learners, and parents are reminded to observe the following preventive and management measures:

**a. Minimum Public Health Standards**

Wash hands frequently with soap and water. If soap and water are not available, use an alcohol-based hand sanitizer.  
Cover the nose and mouth with a tissue or the inner portion of the elbow when coughing or sneezing, and dispose of the used tissue properly.

**b. Vaccination**

The Centers for Disease Control and Prevention (CDC) recommends that all individuals aged six months and older receive annual vaccination against influenza. School-aged children may avail of flu vaccination through their private pediatricians.

**c. Wearing of Face Masks**

All school personnel, teachers, learners, and parents are encouraged to wear face masks, especially in enclosed areas. Wearing face masks is mandatory in clinics, health facilities, and for individuals with flu-like symptoms. Those with fever are advised to stay at home to prevent the spread of infection.

**d. Management of Individuals with Flu-like Illnesses**

**With Mild Symptoms and Without Co-morbidities:**

Get plenty of rest and drink adequate fluids.  
Consult a doctor if symptoms persist or worsen.  
Stay at home for at least five (5) days or until fever-free for at least 24 hours without taking paracetamol, and with improvement of symptoms.  
Wear a face mask for 14 days.

**With Moderate to Severe Symptoms or With Co-morbidities:**

Consult a doctor immediately.



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**e. Flu-like Illnesses monitoring**

All schools with reported Influenza-Like Illness (ILI) cases shall accomplish and submit surveillance data, preventive actions, and referral details through the provided Google Form link and QR code.

<https://tinyurl.com/2w5zrtja>



3. For the definition of terms, please refer to the DOH website at [www.doh.gov.ph](http://www.doh.gov.ph). Kindly see Enclosure 1 of this memorandum for the Information, Education, and Communication (IEC) material on Influenza-Like Illnesses (ILI).
4. For any inquiries, you may contact nurse Alyssa Joana Dagunan at 09094176723 or contact other School Health and Nutrition Unit nurses via their messenger accounts.
5. It is understood that in the conduct of this activity, there shall be no discrimination in the provision of such partnership on account of age, school, gender, civil status, disability, religion, or other similar factors, personal circumstances that run counter to the principles of equal opportunity.
6. Immediate dissemination and compliance of this Memorandum is desired.

**DANNIE CLARK M. UGUIL**  
Assistant Schools Division Superintendent  
Officer-in-Charge  
Office of the Schools Division Superintendent

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Enclosure : As stated  
Reference : Department of Health and DM no. 611 s. 2023  
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To be indicate in the Perpetual Index under the following subjects:  
LEARNERS INFLUENZA HEALTH  
FN: AJAD/SGOD



Enclosure 1

**INFLUENZA-LIKE ILLNESSES**

Dahil sa papalitpalit na panahon ito sinabayan pa ng daga ng mga tao sa pampublikong lugar, samu't saring sakit din tulad ng influenza ang lumalaganap.

**IWASAN ANG WILD**

MAGLINIS MAGMASID MAG-INGAT

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 2020-2021 School Year  
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**WILD DISEASES**

**Ano ang Influenza-like Illness (ILI)?**

Mga nakakahawang sakit na sanhi ng iba't-ibang virus o bacteria na nagdudulot ng infection sa ilong, lalamunan, at/o baga.

Ayon sa World Health Organization (WHO), ito ay isang impeksyon na may kasamang lagnat na hindi bababa sa 38 C° at ubo na nagsimula sa loob sampung (10) araw.

Maaari ring makaramdam ng mga sumusunod:



Pamamaga ng lalamunan



Sipon



Pananakit ng ulo



Panginginig



Pananakit ng katawan



Panghihina



Pagsusuka



Pagtatae



**Paano makakaiwas sa Influenza-like Illness?**

Siguraduhin na kumpleto ang mga bakuna ng buong pamilya

Iwasan ang mga masisikip at mataong lugar

Panatilihin ang pagsusuot ng mask sa loob at labas

Takpan ang bibig at ilong kapag uubo o babahing

Siguraduhin ang magandang air flow at bentilasyon

Ugaliin ang paghuhugas ng mga kamay at gumamit ng alcohol-based hand sanitizer



**WILD DISEASES**

**Paano naipapasa ang Influenza-like Illness (ILI)?**

Droplets na galing sa ubo o bahing ng taong may sakit.

Paghawak sa mga gamit na kontaminado at maihawak ito sa bibig, ilong, at mata.

Lubos na nakakahawa ang taong may sakit sa unang 3 hanggang 4 na araw kahit walang sintomas.

**Ano ang dapat gawin kung ikaw ay may sintomas?**

- Manatili sa bahay at umiwas sa pakikipag-salamuha sa ibang tao.
- Umiwas sa mga taong nabibilang sa "high risk" tulad ng mga may edad na 65 years old o higit pa, mga taong may ibang sakit (diabetes, asthma, o sakit sa puso), buntis, at mga batang apat na taon pababa.
- Uminom ng gamot sa lagnat tulad ng paracetamol.
- Siguruhing may sapat na pahinga.
- Uminom ng tubig at kumain ng masustansyang pagkain.



Agad kumonsulta sa pinakamalapit na health facility kapag harap sa paghinga, may lagnat na higit sa 40 C°, o may comorbidities