



Republic of the Philippines
Department of Education
Region XII
Schools Division Office of Tacurong City

May 5, 2023

DIVISION MEMORANDUM

SGOD No. 33, s. 2023

SUGGESTED PREVENTIVE MEASURES ON EXTREME WEATHER CONDITIONS

TO: Assistant Schools Division Superintendent
Chiefs, Curriculum Implementation and
Schools Governance and Operations Divisions
Elementary and Secondary School Heads
School clinic-in-charge
Cluster Heads
This Division

1. This is in connection with the Department of Health's advisory to the general public regarding heat related illnesses such as heat exhaustion and heat stroke.

2. As such, this is to increase the awareness of all personnel regarding the health risks brought by the extreme weather conditions in relation to high heat indexes recorded by Philippine Atmospheric, Geophysical and Astronomical Services Administration (PAG-ASA) in the country.

3. Hereunder are the PAG-ASA's effect-based classification of heat indexes and the resulting effects on body wherein at:

3.1 Heat index of 27-32 °Celsius, caution shall be observed as fatigue is possible with prolonged sun exposure and activity. Continuing activity could lead to heat cramps.

3.2 Heat index of 33-41 °Celsius, extreme caution shall be observed as heat cramps and heat exhaustion are possible. Continuing activity can lead to heat stroke.

3.3 Heat index of 42-51 °Celsius, danger is imminent as heat cramps and heat exhaustion are likely, heat stroke is probable with continued exposure.



Address: Alunan Highway, Poblacion, Tacurong City 9800

Telephone Numbers: (064)-200-6316; 0919-065-6425

Email: tacurong.city@deped.gov.ph

Website: depedtacurong.org



Republic of the Philippines
Department of Education
Region XII
Schools Division Office of Tacurong City

3.4 Heat index of 52°Celsius and beyond, heat stroke is imminent.

4. Heat related illnesses such as heat exhaustion and heat stroke are caused by prolonged exposure to hot temperatures, exhausting activities in a hot weather, high humidity in the environment, weak immune system and poses higher risks in relation to age (elderly and infants).

5. Relative thereto and in order to prevent diseases caused by the aforementioned phenomenon, all school personnel are advised to observe the following measures:

5.1 Implementation of modular distance learning in the event of dangerously high heat index levels of 40° Celsius and beyond are recorded in Tacurong City; a separate memorandum shall be released relative to MDL;

5.2 Learners, teaching and non-teaching personnel, clinic-in-charge shall be able to identify the symptoms of heat related illnesses such as fever as high up to 41° Celsius, heavy sweating, fatigue, dizziness, headache, warm flushed skin, loss of consciousness, weak but fast pulse, and vomiting in persons with history of exposure to hot and humid environments;

5.3 Clinic-in-charge shall be knowledgeable of emergency response to heat related illnesses such as lowering down the body temperature by moving the patient to a shady spot, applying cool water to the skin, providing ventilation, applying icepacks to neck, armpits, wrists and groin;

5.4 Heat stroke is an emergency thus, immediately refer the suspected patient to the nearest health facility for further management;

5.5 Limit the time spent outdoors;

5.6 Maximize ventilations of classrooms such as opening of windows and doors to provide air flow;



Address: Alunan Highway, Poblacion, Tacurong City 9800

Telephone Numbers: (064)-200-6316; 0919-065-6425

Email: tacurong.city@deped.gov.ph

Website: depedtacurong.org



Republic of the Philippines
Department of Education
Region XII
Schools Division Office of Tacurong City

- 5.7 Frequent hydration with cool water. Avoid tea, coffee, soda and liquor; and
- 5.8 Wear protection against sun exposure such as hats, umbrellas and sleeved clothing outdoors.
6. For proper guidance and widest dissemination.


GILDO G. MOSQUEDA, CEO VI
Schools Division Superintendent


Enclosures: NONE

Reference: DOH Advisory: Heat Stroke dated May 3, 2023

PAG-ASA: Highest Heat Index dated May 2, 2023

Allotment: NONE

To be indicated in the PERPETUAL INDEX under the following subjects:

HEALTH

PERSONNEL

MDL

KMM/SGOD/DM/ SUGGESTED PREVENTIVE MEASURES ON EXTREME WEATHER CONDITIONS/May 5, 2023



Address: Alunan Highway, Poblacion, Tacurong City 9800

Telephone Numbers: (064)-200-6316; 0919-065-6425

Email: tacurong.city@deped.gov.ph

Website: depedtacurong.org