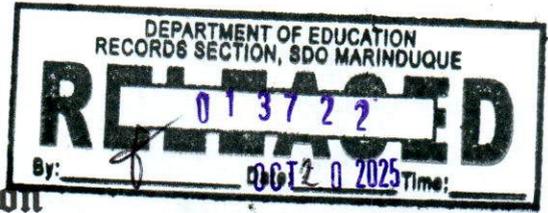




Republic of the Philippines
Department of Education
SCHOOLS DIVISION OF MARINDUQUE



Office of the Schools Division Superintendent

MEMORANDUM
SGOD-2025-174

TO: Assistant Schools Division Superintendent
Chief Education Supervisor, CID/OIC, SGOD
Public Schools District Supervisors
Public Elementary, Secondary, and Integrated School Heads
All Others Concerned

FROM: 
LYNN G. MENDOZA, EdD
OIC, Schools Division Superintendent

SUBJECT: **REINFORCEMENT OF HEALTH AND WELLNESS PROTOCOLS IN LIGHT OF INFLUENZA-LIKE ILLNESS (ILI) CASES**

DATE: October 16, 2025

Attached is Regional Memorandum EESD-2025-120 dated October 15, 2025, from the Office of the Regional Director, Dr. Nicolas T. Capulong, CESO III, regarding the reinforcement of health and wellness protocols due to the rising cases of Influenza-Like Illness (ILI) among learners and personnel, for guidance and information of all concerned.

The school is requested to monitor the cases of influenza by reporting it to the link given by their district nurses. All preventive measures are advised to be strictly implemented.

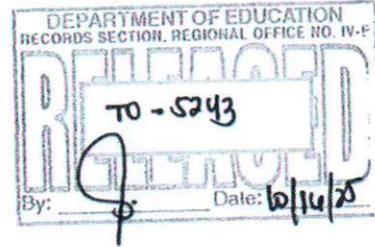
Immediate and wide dissemination of the contents of this Memorandum is desired.



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Republic of the Philippines
Department of Education
 MIMAROPA REGION



Office of the Regional Director

REGIONAL MEMORANDUM

ESSD-2025-120

**TO : ALL SCHOOLS DIVISION SUPERINTENDENTS
 REGIONAL OFFICE PERSONNEL**

FROM : *Fay:* *Jesus Ora*
NICOLAS T. CAPULONG, PhD, CESO III
 Director IV
 Regional Director

**SUBJECT : REINFORCEMENT OF HEALTH AND WELLNESS PROTOCOLS
 IN LIGHT OF INFLUENZA-LIKE ILLNESS (ILI) CASES**

DATE : October 15, 2025

In view of the rising cases of Influenza-like Illness (ILI) among learners and personnel, all schools and offices under the Department of Education- MIMAROPA Region are advised to strengthen health and safety measures in accordance with the Philippine College of Physicians (PCP) Health Advisory issued on October 14, 2025.

ILI is an acute respiratory illness characterized by fever (>37.8°C) with cough and/or sore throat. It may be caused by influenza or other respiratory pathogens.

To help prevent transmission, all personnel and learners are reminded to:

1. **Get vaccinated** against influenza as soon as possible.
2. **Wear masks** properly, especially when sick or in crowded places.
3. **Practice proper handwashing and cough etiquette.**
4. **Improve ventilation** in classrooms and offices; avoid crowded, enclosed areas.
5. **Stay home when sick** and seek medical attention early if symptoms worsen.
6. **Maintain proper nutrition** by eating meals rich in fruits and vegetables to boost immunity.
7. **Get adequate rest and sleep** to support faster recovery and resistance against infection.

Adhering to these preventive measures- vaccination, masking, hygiene, ventilation, proper nutrition, adequate sleep, and prompt medical care- will help our workplaces and schools safe, healthy, and learning-ready.

For information, guidance, and strict compliance.

ESSD/ZSD



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