



Republic of the Philippines
Department of Education
MIMAROPA REGION
SCHOOLS DIVISION OF MARINDUQUE

Department of Education
Division of Marinduque
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Date: APR 12 2024

Office of the Schools Division Superintendent

DIVISION MEMORANDUM

TO: Asst. Schools Division Superintendent
Chief Education Supervisors
Public Schools District Supervisors
Public Elementary and Secondary School Heads
All Others Concerned

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

SUBJECT: **PRECAUTIONARY MEASURES ON HEAT-RELATED ILLNESSES AND ADOPTION OF MODULAR DISTANCE LEARNING DURING EXTREME HIGH TEMPERATURES**

DATE: April 8, 2024

Attached is a copy of Regional Memorandum ESSD-2024 dated April 1, 2024 from Regional Director Nicolas T. Capulong, PhD, CESO III **re: *Precautionary Measures on Heat-Related Illnesses and Adoption of Modular Distance Learning During Extreme High Temperatures*** for information, reference, and guidance of all concerned.

Immediate dissemination and strict compliance with the contents of this Memorandum are desired.

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Lead to Excel. Excel to Lead."*



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Republic of the Philippines
Department of Education
 MIMAROPA REGION



Office of the Regional Director

REGIONAL MEMORANDUM
ESSD-2024-038

TO : ALL SCHOOLS DIVISION SUPERINTENDENTS
REGIONAL OFFICE PERSONNEL

FROM : NICOLAS T. CAPULONG, PhD, CESO III
 Director IV
 Regional Director

SUBJECT : PRECAUTIONARY MEASURES ON HEAT-RELATED ILLNESSES
AND ADOPTION OF MODULAR DISTANCE LEARNING DURING
EXTREME HIGH TEMPERATURES

DATE : APRIL 2, 2024

The National Disaster Risk Reduction and Management Council (NDRRMC) has issued Memorandum no. 31 s. 2024 last March 23, 2024, regarding the onset of the warm and dry season for 2024. This signifies the end of the Northeast Monsoon (Amihan) and the increase in the air temperature over most parts of the country. El Niño is a weather phenomenon characterized by extreme climactic conditions. The typical indicators of El Niño in the Philippines are shorter and weaker monsoon rains leading to drought.

For the months of March until May, the Department of Science and Technology-Philippine Atmospheric, Geophysical and Astronomical Services Administration (DOST-PAGASA) has advised the general public to monitor not only the air temperature but also the heat index ("init" factor), which is the temperature felt by the human body when humidity is combined with air temperature. Attached is the Heat-index temperature and the effects based on the body (Annex B).

All Personnel and Learners are advised to comply with the following precautionary measures:

- a) Limit the time spent outdoors (10am to 2pm are the hottest time of the day).
- b) Schedule heavy-duty activities during the beginning or end of the day, when it's cooler.
- c) Drink plenty of water (avoid soda, coffee, tea and liquor)
- d) Wear light clothing.
- e) Use umbrellas, hats, sunscreen when staying outdoors.
- f) Conserve the use of water and protect it from contamination.



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REPUBLIC OF THE PHILIPPINES
NATIONAL DISASTER RISK REDUCTION AND MANAGEMENT COUNCIL

National Disaster Risk Reduction and Management Center, Camp Aguinaldo, Quezon City, Philippines

MEMORANDUM
 No. 031, s. 2024

23 MAR 2024

TO : ALL MEMBERS OF DISASTER RISK REDUCTION AND MANAGEMENT COUNCILS AT THE NATIONAL REGIONAL, PROVINCIAL, CITY, MUNICIPAL LEVELS AND BARANGAY DISASTER RISK REDUCTION AND MANAGEMENT COMMITTEES, HEADS OF NATIONAL GOVERNMENT AGENCIES, CONSTITUTIONAL OFFICES, STATE UNIVERSITIES AND COLLEGES, GOVERNMENT OWNED AND/OR CONTROLLED CORPORATIONS, AND PRIVATE STAKEHOLDERS

SUBJECT : ONSET OF THE WARM AND DRY SEASON 2024

Source: DOST-PAGASA

The retreat of the High-Pressure Area (HPA) over Siberia indicates an apparent weakening of Northeast Monsoon (*Amihan*). Furthermore, the strengthening of the North Pacific High has led to a gradual shift in the wind pattern from northeasterly to easterly and an increase in the air temperature over most parts of the country. These signify the end of the Northeast Monsoon (*Amihan*) and the beginning of the warm and dry season. In the coming months, the number of dry and warm days across the country will continue to increase, although isolated thunderstorms are also likely to occur, usually in the afternoon or evening.

Hence, the public and all concerned government agencies are advised to continue their ongoing precautionary measures to minimize heat stress, optimize the daily use of water for personal and domestic consumption, and prevent any accompanying health risks associated with this climate condition.

In this regard, all concerned government agencies and the public are advised to take the following preparedness measures:

NDRRM Member Agencies	Local Government Units (LGUs)
<ul style="list-style-type: none"> • Undertake risk-informed decision making. • Undertake Pre-Disaster Risk Assessment (PDRA) and other related meetings as needed. • Undertake resource inventory and stockpiling as NDRRMC Response Clusters. • Implement water conservation meas.res. 	<ul style="list-style-type: none"> • Undertake and implement science and evidence-based decisions within your areas of responsibility (AOR) in the conduct of Pre-Disaster Risk Assessment (PDRA). • Prepare critical facilities and services. • Maximize the Local DRRM Funds. • Increase capabilities for logistics requirements. • Adhere to the LISTO Protocol of DILG. • Implement water conservation measures.

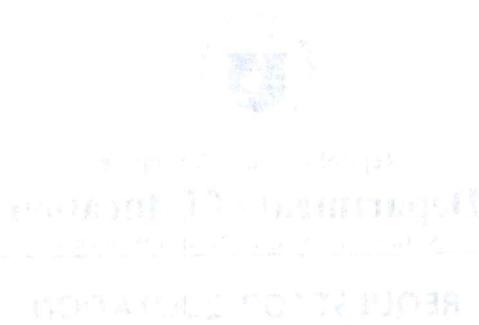
General Public	Non-government Organizations, Civil Society Organizations, Private Sector and Other Partner Stakeholders
<ul style="list-style-type: none"> • Check and prepare "Go Bags". • Stockpile goods at home. • Conserve water. • Avoid strenuous and physical activities. • Monitor weather updates. Keep updated with weather forecasts and El Niño predictions from reliable sources. • Wear light clothing and stay hydrated. 	<ul style="list-style-type: none"> • Coordinate with LGUs for prepositioning of resources and other preparedness activities.

For guidance and compliance.

For the Executive Director, NDRRMC:

ASEC HERNANDO M. GARAIG, JR
 Civil Defense Deputy Administrator for Operations

ANNEX B:



Supply and Delivery for the Office of the Director, Department of Education

Effect-based classification

Effect on the body



27-32°C
Caution

Fatigue is possible with prolonged exposure and activity. Continuing activity could lead to heat cramps.



33-41°C
Extreme Caution

Heat cramps and heat exhaustion are possible. Continuing activity could lead to heat stroke.



42-51°C
Danger

Heat cramps and heat exhaustion are likely; heat stroke is probable with continued exposure.



52°C and beyond
Extreme Danger

Heat stroke is imminent.



Heat Stroke



It is the most severe form of heat illness wherein the body overheats and can't cool down by sweating because of dehydration.

PREVENTION



Limit the amount of time you spend outdoors.



Drink plenty of water. Avoid tea, coffee, soda, and alcohol.



Wear a wide-brimmed hat and long-sleeved clothing outdoors.



Schedule heavy-duty activities for the beginning or end of the day, when it's cooler.

EMERGENCY MEASURES



Move the person to a shady spot or indoors and have him or her lie down with the legs elevated. If still conscious, have them sip cool water.



Remove clothing, apply cool water to the skin and fan them.



Apply ice packs to the armpits, wrists, ankles, and groin.



Bring to a hospital immediately.

Source: <https://doh.gov.ph/Health-Advisory/Heat-Stroke>



PHILIPPINE WEATHER SERVICE
PAGASA

Heat Stroke



It is the most severe form of heat illness wherein the body overheats and can't cool down by sweating because of dehydration.

CAUSES

The risk of heat stroke rises in hot and humid weather coupled with:



Vigorous exercise;



Dehydration;



Too much direct exposure to the sun.

SIGNS

Watch for the following signs of heat exhaustion:



Intense thirst, dehydration;

Weakness or discomfort;

Dizziness or fainting;



Anxiety;



Headache.

They may progress to a heat stroke:



Very high core body temperature of 40°C or more;

Hot, dry skin;

Rapid heartbeat;



Convulsion;



Delirium;



Unconsciousness or coma.

Source: <https://doh.gov.ph/Health-Advisory/Heat-Stroke>



ANNEX D:

Forecast Mean Temperature (March – May 2024)

