



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

Department of Education
Division of Marinduque
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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: **INCREASING CASES OF VIRAL ILLNESSES IN SCHOOLS (MUMPS, CHICKENPOX, INFLUENZA)**

DATE: February 17, 2025

1. The Department of Education, through the School Health and Nutrition Unit hereby issues this communication on the Increasing Cases of Viral Diseases in Schools (Mumps, Chickenpox, and Influenza).

2. In light of the increasing number of reported cases of viral diseases such as Mumps, Chickenpox, and Influenza in schools, all concerned personnel are advised to take precautionary measures to prevent the spread of these infections within the school community.

Key Information on Viral Diseases:

- A. **Mumps** – A contagious viral infection characterized by swollen salivary glands, fever, muscle pain, and fatigue. It spreads through respiratory droplets or direct contact with infected individuals.
- B. **Chickenpox** – A highly contagious disease caused by the varicella-zoster virus, presenting as an itchy rash with blisters, fever, and body aches. It spreads through respiratory droplets and direct contact with blisters.

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C. **Influenza (Flu)** – A viral respiratory infection causing fever, cough, sore throat, muscle pain, and fatigue. It spreads through airborne droplets when an infected person coughs or sneezes.

Preventive Measures:

- **Practice Good Hygiene** – Encourage frequent handwashing with soap and water and the use of alcohol-based sanitizers.
- **Observe Proper Cough Etiquette** – Cover mouth and nose with a tissue or elbow when coughing or sneezing.
- **Promote Vaccination** – Parents are encouraged to ensure that students receive recommended vaccines for Mumps, Chickenpox, and Influenza.
- **Isolate Symptomatic Individuals** – Students and personnel experiencing symptoms should stay at home until full recovery to prevent transmission.
- **Maintain Clean and Ventilated Classrooms** – Regular disinfection of commonly touched surfaces and ensuring proper air circulation are highly recommended.

3. School heads are instructed to monitor and report any suspected cases to the local health authorities or district nurses for appropriate action. Schools must also coordinate with School Health and Nutrition Unit to provide awareness campaigns on disease prevention.

4. Your attention and adherence to this advisory is highly appreciated.

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ANNEX A. References

- Centers for Disease Control and Prevention. (n.d.). Mumps, Chickenpox, and Influenza prevention guidelines. Retrieved from <https://www.cdc.gov/>
- Department of Health. (n.d.). Public health advisory on common viral infections. Retrieved from <https://doh.gov.ph/>
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