



Republic of the Philippines
Department of Education
SCHOOLS DIVISION OF MARINDUQUE

Department of Education
Division of Marinduque
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Office of the Schools Division Superintendent

MEMORANDUM

SGOD-2025-033

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: **GUIDELINES ON THE PREVENTION AND MANAGEMENT OF EXTREME HEAT HEALTH IMPACTS IN SCHOOLS**

DATE: March 25, 2025

In connection with Department of Health (DOH) Memorandum No. 2025-0114 titled ***“Interim Guidelines on the Prevention and Management of Extreme Heat Health Impacts”*** and the ***Department of Science and Technology (DOST) PAGASA Heat Index Effect – Based Classification System***, this Office through the School Health and Nutrition Section of the Schools Governance and Operations Division issues the attached ***Guidelines on the Prevention and Management of Extreme Heat Health Impacts in Schools***.

For proper guidance, compliance, and widest dissemination.



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GUIDELINES ON THE PREVENTION AND MANAGEMENT OF EXTREME HEAT HEALTH IMPACTS IN SCHOOLS

A. GENERAL GUIDELINES

The Philippine Atmospheric, Geophysical, and Astronomical Services Administration (PAGASA) has reported a rising heat index in the Philippines beginning March 2025, with the dry season expected to peak between late March to April. With climate change, extreme heat events are expected to increase in terms of frequency and intensity. Extreme heat poses significant health risks to learners and school personnel, including dehydration, heat cramps, heat exhaustion, and heat stroke, which may impact educational activities. Hence,

- all schools shall implement strategies to prevent and manage extreme heat health impacts among students and staff.
- school heads shall ensure the dissemination and implementation of necessary safety measures to protect learners from heat-related illnesses.
- schools shall prepare for an anticipated increase in health concerns due to prolonged exposure to hot weather.
- school Health and Nutrition Section shall maintain a monitoring and reporting system for heat-related illness incidents in schools.

B. SPECIFIC GUIDELINES

Preventive Measures in Schools

- **Adjusting School Schedules:** Schools may implement flexible class schedules when the heat index is in dangerous levels, such as early dismissal, to reduce exposure to peak heat hours (10 AM - 4 PM).
- **Hydration and Cooling Stations:** Schools shall provide access to drinking water and designate shaded or well-ventilated rest areas for students.
- **Ventilation and Cooling:** Classrooms should be well-ventilated, with fans or other cooling measures in place.
- **Heat Safety Education:** Schools shall conduct information campaigns on recognizing symptoms of heat-related illnesses and preventive measures.

Response Measures for Heat-Related Illnesses

- **First Aid Readiness:** School clinics shall be equipped with first aid supplies for heat-related illnesses, including oral rehydration solutions and cooling packs.
- **Emergency Protocols:** Schools shall establish emergency response protocols, ensuring immediate assistance for affected students and referral to the nearest health facility when necessary.
- **Monitoring of High-Risk Individuals:** Schools shall closely monitor students with pre-existing health conditions, younger children, and those participating in strenuous activities.

Recognition of Heat-Related Illnesses

- **Heat Stress:** Symptoms include excessive sweating, weakness, dizziness, headache, nausea, and irritability. Individuals experiencing heat stress should immediately rest in a cool area and hydrate.



- **Heat Exhaustion:** Symptoms include heavy sweating, pale and clammy skin, rapid but weak pulse, muscle cramps, tiredness or weakness, dizziness, headache, nausea, or vomiting. Immediate intervention includes moving to a cooler place, drinking water, and applying cool, damp cloths to the skin.
- **Heat Stroke (Medical Emergency):** Signs include a body temperature of 40°C or higher, red or dry skin, rapid and strong pulse, confusion, and loss of consciousness. Immediate medical attention is required.

Suspension of Activities

- **Outdoor and Physical Activities:** Schools shall suspend outdoor activities, including sports events, when the heat index reaches dangerous levels.
- **Alternative Learning Modalities:** In extreme cases, schools may shift to modular distance learning as needed.

C. ROLES AND RESPONSIBILITIES

Division Offices

- Monitor the implementation of heat-related guidelines in schools.
- Provide technical assistance and resources to schools for mitigating heat-related risks.

School Head

- Ensure that classrooms and school facilities comply with heat safety protocols.
- Disseminate heat health advisories to students, parents, and staff.
- Coordinate with local government units for additional support when needed.

Teachers

- Educate students on heat safety measures and symptoms of heat-related illnesses.
- Adjust lesson plans to accommodate schedule changes due to extreme heat.

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