



Republic of the Philippines
Department of Education
REGION IV- A CALABARZON
CITY SCHOOLS DIVISION OF THE CITY OF TAYABAS

22 August 2024

DIVISION MEMORANDUM
No. 561 s. 2024

PUBLIC HEALTH ADVISORY ON MPOX

To: Assistant Schools Division Superintendent
Chief Education Supervisors
Heads, Public Elementary and Secondary Schools
Heads, Unit/Section
All Others Concerned

1. The World Health Organization (WHO) has declared Mpox (formerly monkeypox) as a Public Health Emergency of International Concern (PHEIC). As a result, the Department of Health (DOH) has heightened the surveillance and has detected one new case in the Philippines with numerous close contacts. The Mpox is a viral illness caused by the monkeypox virus that is transmitted primarily through direct contact with infected skin or lesions.
2. To prevent the further spread of Mpox, the School Health and Nutrition Unit is mandated to disseminate accurate and evidence-based information regarding the said disease to raise awareness. Heightened awareness of the disease will let the teaching and non-teaching personnel and learners to take proactive measures which will prevent the spread of disease in our schools and community.
3. Please see attached three-fold, brochure-type, back-to-back IEC Material
4. Immediate dissemination of this Memorandum is desired.


CELEDONIO B. BALDERAS JR.
Schools Division Superintendent

Encl.: As stated
Reference: WHO and DOH Philippines
To be indicated in the Perpetual Index
under the following subjects:

MPOX
MPOX AWARENESS
MPOX PREVENTION

SGOD- public health advisory on mpox
SCHBGFTO-000323/August 22, 2024



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PARA MAPIGILAN ANG PAGK-KALAT KUNG MAYROON NA

- Manatili sa bahay o sariling kwarto kung kinakailangan
- Ugaliing maghugas ng kamay
- Magsuot ng mask at takpan ang mga sugat kung may mga nakapaligid na tao
- Panatilihing tuyo at nahahanginan ang mga sugat kung mag-isa lang sa kwarto
- Iwasang humawak sa kung saan-saan
- Huwag putukin ang mga rashes
- Uminom ng nararapat na gamot
- Kumonsulta sa iyong doktor



Contact Us



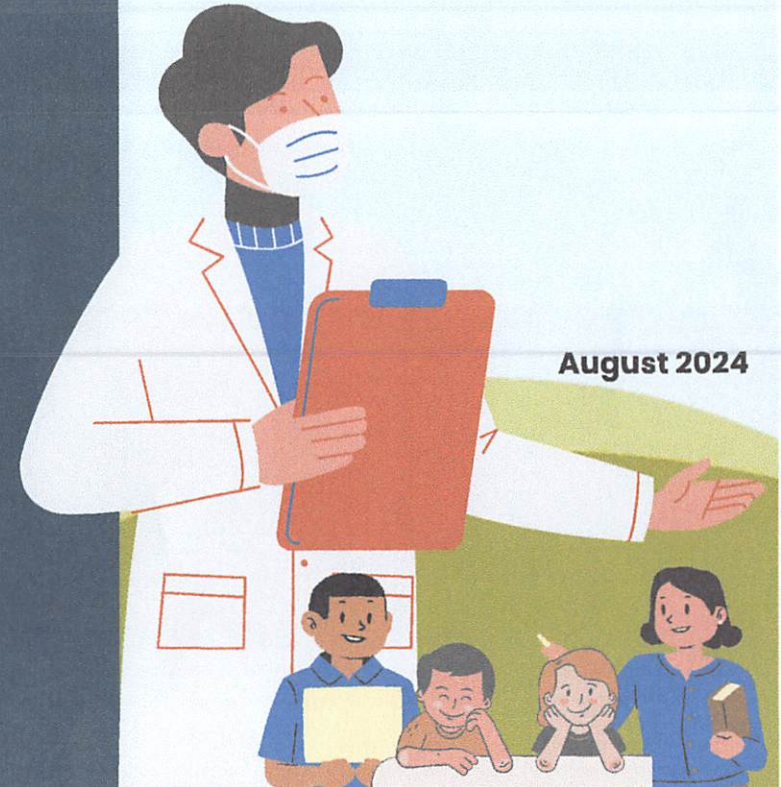
HEALTHY JUAN - SDO
TAYABAS CITY



SDO TAYABAS HEALTHY JUAN

MPOX ADVISORY

August 2024



MPOX

viral illness caused by
monkeypox virus

PARAAN NG PAGKAHAWA

- physical contact
- paghawak sa infected na tao
- pagyakap at paghalik
- indirect contact sa damit,
kobre kama, o kahit anong
bagay na gamit ng infected na
tao
- maaaring mapasa ng
nagdadalantao na infected sa
kanyang pinagbubuntis



MGA SINTOMAS

- Skin rashes o mga sugat na naka-
umbok na tumatagal ng 2-4 linggo
- Maaaring may kasamang:
 - Lagnat
 - Sakit ng ulo
 - Pananakit ng kalamnan
 - Pananakit ng likod
 - Madaling pagkapagod
 - Pamamaga ng mga kulani sa
katawan



MPOX

Fever	1-3 days before rash
Rash Appearance	Looks like blisters or raised firm lesions
Rash Development	Slow
Rash Distribution	More dense on face; present on palms and soles
Lymphadenopathy (swelling of lymph nodes)	Present
Chance of Death	Up to 10%

MGA PARAAN PARA MAIWASAN

PROPER RESPIRATORY ETIQUETTE

- Magsuot ng mask kapag
hindi maganda ang
pakiramdam
- Takpan ang bibig at ilong
kapag umuubo o
bumabahing
- Itapon sa tamang
basurahan ang
pinagpunasan

ENSURE GOOD VENTILATION

- buksan ang mga bintana
upang gumanda ang ikot ng
hangin sa kwarto

HAND HYGIENE

- maghugas ng kamay gamit
ang sabon at tubig
- gumamit ng alcohol
sanitizer

AVOID CONTACT

- Huwag dumikit sa mga
taong nagpapakita ng
sintomas o mayroong Mpox