

Republic of the Philippines

Department of Education

Region II – Cagayan Valley SCHOOLS DIVISION OF NUEVA VIZCAYA

October 16, 2025

DIVISION MEMORANDUM No. 490 s. 2025

PREVENTIVE MEASURES AND RESPONSE TO INCREASING CASES OF INFLUENZA-LIKE ILLNESS (ILI)

To: Assistant Schools Division Superintendent
Chief-School Governance Operations Division
Chief-Curriculum Implementation Division
Public Schools District Supervisors/District In-Charge
All Other Concern

- 1. In view of the **increasing number of Influenza-Like Illness (ILI) cases** reported in schools within the Division, this Office reiterates the need for vigilance and immediate implementation of preventive and control measures to safeguard the health and well-being of learners and personnel.
- 2. **Signs and Symptoms to Watch Out For:** School heads, teachers, and health personnel are advised to be alert for learners or staff exhibiting any of the following symptoms:
 - A. Fever or chills
 - B. Cough and/or sore throat
 - C. Runny or congested nose
 - D. Headache or body pains
 - E. Fatigue or weakness
 - F. Sometimes accompanied by nausea, vomiting, or diarrhea
- 3. Individuals exhibiting these symptoms should be **referred to the district nurse or nearest health facility** for proper assessment and management.
- 4. Recommended Actions:
 - A. Strict implementation of respiratory hygiene and cough etiquette, including:
 - a) Wearing of face masks, especially for individuals with respiratory symptoms.
 - b) Covering mouth and nose with tissue or elbow when coughing or sneezing.
 - c) Proper disposal of used tissues in covered trash bins.
 - B. **Frequent handwashing** with soap and water or use of alcohol-based hand sanitizers.
 - C. **Regular cleaning and disinfection** of frequently touched surfaces (e.g., doorknobs, desks, learning materials).
 - D. **Ensure adequate ventilation** in classrooms and offices by opening windows whenever possible.









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- E. Encourage adequate rest, hydration, and consumption of nutritious food to strengthen the immune system.
- F. Learners and personnel diagnosed with Influenza-Like Illness are advised to stay at home until fully recovered to prevent further transmission.
 - a) Affected learners may **temporarily shift to modular learning** to continue their education while recuperating.
- G. Immediate reporting of clustered ILI cases (five or more in a single class or section) to the School Health and Nutrition Unit (SHNU) for monitoring and coordination with local health authorities.
- 5. For further queries, kindly contact **Ryan Christopher A. Buccat, MD, Medical Officer III at 09275463220.** Everyone's cooperation is crucial to contain the spread of illness and maintain a healthy school environment.
- 6. For information, guidance and strict compliance

ORLANDO E. MANUEL PhD., CESO

Schools Division Superintendent

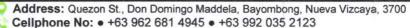












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