



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


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Schools Division Superintendent
10-2025-548

