

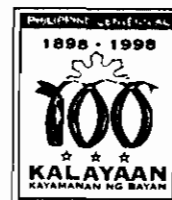
# Health Advisories

H60.42  
H34  
1998

Multimedia Center of Excellence  
Information and Health Education Service  
Department of Health  
Manila, Philippines  
1998



Republic of the Philippines  
Department of Health  
**OFFICE OF THE SECRETARY**  
San Lazaro Compound  
Rizal Avenue, Sta. Cruz  
Manila, Philippines  
Tel. No. 711-95-02, 711-95-03  
Fax 743-18-29



## FOREWORD

The country experiences many disease occurrences every year. Some of these illnesses are communicable or contagious, some are seasonal. Most, however, are preventable.

With this in mind, the Department of Health (DOH) produced the **HEALTH ADVISORY**, a one-pager leaflet for each disease that regularly plagues the country the whole year round. These leaflets contain basic information about a disease or a health-threatening situation and how to prevent and manage it. Copies of these advisories are distributed to media outlets, DOH partners, malls and markets, and other places where people converge.

The DOH hopes that these advisories will empower the people to decide and act for themselves in the prevention and control of diseases.

  
**CARMENCITA N. REODICA, MD, MPH**  
Secretary of Health

Department of Health



**D110**

H60.42 H34 1998 / Health advisories

# Table of Contents

## **I Immunizable Diseases**

- Measles
- Tigdas
- Neonatal Tetanus
- Tetano
- Rabies
- Rabis

## **II Food and Water Borne Diseases**

- Red Tide (English)
- Red Tide (Tagalog)
- Diarrhea (Pagtatae)
- Pagtatae (Diarrhea)
- Hepatitis A (English)
- Hepatitis A (Tagalog)
- Typhoid Fever (English)
- Typhoid Fever (Tagalog)
- Cholera
- Kolera
- Water from Fire Trucks and Water Peddlers
- Ang Tubig na Galing sa Firetrucks o Tagarasyon
- Kalinisan ng Pagkain
- Tamang Paraan sa Pagtatapon ng Dumi ng Tao

## **III Diseases Brought about by Nutritional Deficiencies**

- Vitamin A deficiency
- Iron Deficiency Anemia
- Iodine Deficiency Disorder
- Sangkap Pinoy

## **IV Diseases Common during Summer**

- It's Summer Time
- Chickenpox
- Bulutong-Tubig
- Galis-aso
- Sore Eyes (English)
- Sore Eyes (Tagalog)
- Influenza

**V. Health Advisories on Handling  
Natural Disaster/Calamities**

Haze  
El Niño Phenomenon  
La Niña  
Bulkan: Dapat Bang Hangaan o Katakutan?  
Bagyo ng ating Buhay  
Baha  
Leptospirosis (English)  
Leptospirosis (Tagalog)  
Lindol

**VI Health Advisories for Christmas and  
New Year Festivities**

Oplan Iwas Paputok  
Watusi Poisoning  
Kalusugan sa Kapaskuhan

**VII Other Diseases**

Kanser  
Leprosy (Ketong)  
Ketong  
High Blood Pressure  
Meningococcemia Meningitis

**VIII Health Advisories for Substance Abuse**

Droga  
Ecstasy

**IX Advocacy for Blood Donation**

Share Your Blood: Did You Know That...  
Share Your Blood: How?  
Share Your Blood: Do You Know Your Blood Type?  
Share Your Blood: Are You Qualified to Share Your Blood?  
Share Your Blood: Are You Afraid to Donate Blood?  
Share Your Blood: What Happens after You Give Blood?  
Conditions... that Prevent You from Sharing Blood

**V Vector Borne Diseases**

Dengue Fever (English)  
Dengue Fever (Tagalog)

# Immunizable Diseases

I

# MEASLES



- ◆ a contagious disease from the onset of infection up to 4 days after the appearance of the rashes
- ◆ caused by a virus found in discharges from a patient's nose and throat
- ◆ common among very young children

## Signs and Symptoms

Days 1-3	Days 3-4	Days 4-6
<ul style="list-style-type: none"> <li>• cold, cough and some fever</li> <li>• eyes are red &amp; watery &amp; sensitive to light</li> </ul>	<ul style="list-style-type: none"> <li>• eyes are reddish</li> <li>• rash covers the face &amp; spreads all over the body</li> </ul>	<ul style="list-style-type: none"> <li>• as the rash goes away, skin often begins to peel</li> </ul>

## Prevention

- Submit your child for immunization against measles at 9 months of age.

Vaccines are available for free in all health centers

## Treatment

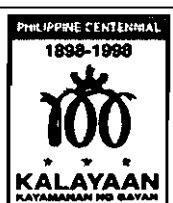
- Bring suspected cases to the nearest hospital or health center to prevent complications like convulsion, pneumonia, dehydration and even death.
- Protect eyes of patients from glare of strong light as they are apt to be inflamed.
- Keep the patient in an adequately ventilated room but free from drafts & chilling.
- Give sponge bath for comfort of patient.

**Health Advisory**

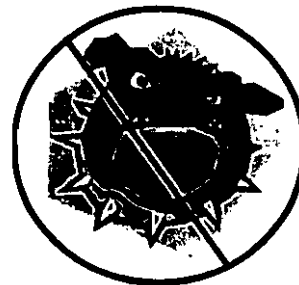




# Health Advisory



# RABIES



**CAUSE** Rabies Virus

## MODE OF TRANSMISSION

Through bite of a rabid animal or contamination of any wound/scratch with saliva containing rabies virus

## SIGNS AND SYMPTOMS

- .. Headache and fever
- .. Pain or numbness of bite site
- .. Delirium and paralysis
- .. Muscle spasms
- .. Hydrophobia and aerophobia

## PREVENTION AND CONTROL

**Be a Responsible Pet Owner**

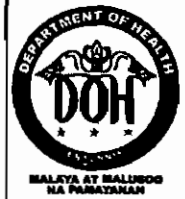
- .. Have your pet dog immunized against rabies at 3 months old and every year thereafter
- .. Never allow your pet dog to roam the streets
- .. Take care of your pet dog: bathe, give clean food, and provide clean sleeping quarters

### When Bitten by a Dog

- .. Wash the wound immediately with soap and water
- .. Observe the dog for 14 days and consult your physician if any of the following occurs:
  - dog becomes wild and runs aimlessly
  - drooling of saliva
  - bites any moving or non-moving object
  - does not eat or drink
  - the dog dies within observation period
- .. If dog cannot be observed (stray dog), or if suspected to be rabid, consult your physician immediately.



# RABIS



**SANHI** Mikrobyong rabis

## PAANO NAKUKUHA

Sa kagat ng hayop na may rabis o kapag nalagyan ng laway ng hayop na may rabis ang sariwang sugat o gasgas

## MGA PALATANDAAN

- .. Sakit ng ulo, lagnat
- .. Pananakit o pamamanhid sa parteng kinagat
- .. Nahihibang at nalulumpo
- .. Paninigas ng laman (muscle spasms)
- .. Takot sa tubig o hangin

## PAG-IWAS AT PAGSUGPO

**Maging responsableng tagapag-alaga ng hayop**

- .. Pabakunahan ang alagang aso kapag ito'y 3 buwan na at sa bawat taong susunod
- .. Huwag hayaang gumala ang alagang aso sa kalye
- .. Bigyan ang alagang aso ng malinis na pagkain, paliguan at pamalagiing malinins ang kanyang tulugan

**Kapag nakagat ng aso**

- .. Hugasan agad ng sabon at tubig ang sugat
- .. Obserbahan ang aso ng 14 na araw at kumunsulta sa doktor kung ang aso ay:
  - nagiging mabangis o mabagsik
  - naglalaway
  - nangangagat ng kahit anong bagay
  - hindi kumakain o umiinom
  - namatay sa loob ng 14 na araw
- .. Kung sakaling ang nakakagat ay asong gala at hindi maobserbahan, kumunsulta sa doktor sa lalong madaling panahon para magpabakuna laban sa rabis

**ANG RABIS AY NAKAKAMATAY!**

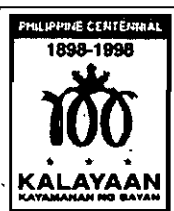
**Health Advisory**







# Health Advisory



# neonatal TETANUS

**Sanhi:** mikrobyong *clostridium tetani*

**Paano nakukuha:** kadalasan sa hindi malinis na pag-aalaga at pagputol ng pusod

**Mga Palatandaan:** mahinang pag-iyak, hindi pagsuso at pangingitim ng sanggol

**Pag-iwas**

- pabakunahan ang mga bata at mga babaeng nagdadalantao laban sa tetano
- iwasang malagyan ng dumi ang pusod

**Kapag may palatandaan ng tetano, dalhin agad sa pinakamalapit na ospital.**



# Food and Water-Borne Diseases

III

# RED TIDE

Poisoning

(Paralytic Shellfish Poisoning)



**CAUSE** : SHELLFISH (tahong, talaba, halaan)  
contaminated with red tide microorganisms

**MODE OF TRANSMISSION** : Eating of contaminated shellfish

## SIGNS AND SYMPTOMS:

### Neurological:

- sense of numbness around the mouth or the face
- dizziness
- pricking sensation and/or paralysis of hands and feet
- body weakness
- rapid pulse beat
- difficulty of talking, swallowing

### Gastrointestinal:

- abdominal pain, vomiting and diarrhea

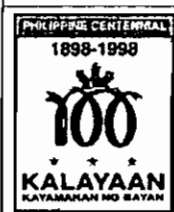
## PREVENTIVE MEASURES:

- Do not eat shellfish
- Wash thoroughly and remove gills and intestines of fish, squid and crabs
- Remove heads of shrimps
- Avoid alamang, small fishes

These symptoms will be felt  
within 12 hours after eating red tide  
contaminated shellfish

What to do in case of suspected Paralytic Shellfish Poisoning  
**BRING PATIENT IMMEDIATELY TO THE NEAREST HOSPITAL**

Health Advisory





# Health Advisory



# RED TIDE

(Paralytic Shellfish Poisoning)

**SAAN NAKUKUHA :** Sa mga SHELLFISH (mga tahong, talaba, halaan, at iba pang uri nito) na kontaminado ng mga organismo ng red tide.

**PAANO NAKUKUHA :** Sa pamamagitan ng pagkain ng shellfish na kontaminado ng organismo ng red tide.

## MGA PALATANDAAN:

- pamamanhid sa paligid ng bibig at mukha
- pagkahilo
- parang tinutusok na pakiramdam o pamamanhid ng mga kamay at paa
- panghihina ng katawan
- mabilis na pulso
- hirap sa pagsasalita at paglulon
- pananakit ng tiyan, pagsusuka at pagtatae

## PAG-IWAS SA PAGKALASON SA RED TIDE:

- huwag kumain ng shellfish
- hugasang mabuti at alisin ang mga hasang at lamang loob ng isda, pusit, alimango at alimasag
- alisin ang mga ulo ng hipon
- iwasan ang pagkain ng alamang, dilis at iba pang maliliit na isda

ANG MGA NASABING SINTOMAS O  
PALATANDAAN AY MARARAMDAMAN SA  
LOOB NG 12 ORAS PAGKATAPOS KUMAIN  
NG KONTAMINADONG SHELLFISH

Ang dapat gawin kung inaakalang nalason sa red tide:  
**DALHIN AGAD ANG PASYENTE SA PINAKA MALAPIT NA OSPITAL**



# Diarrhea

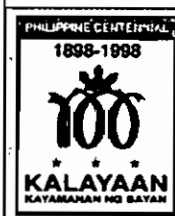
## (Pagtatae)



### Health Advisory

- ▶ **Mode of Transmission:**
  - Ingestion of contaminated food and water
- ▶ **Signs and Symptoms**
  - Frequent watery stools
  - Excessive thirst
  - Sunken eyeballs and fontanel
- ▶ **Immediate Treatment**
  - Give Oresol Rehydration Solution (ORESOL), rice soup (am) to replace lost body fluid
  - Continue feeding
- ▶ **Prevention and Control**
  - Drink water only from safe sources. If unsure, boil water for 3 minutes
  - Eat only foods that are well cooked and properly prepared. Avoid eating "street food".
  - Keep food away from insects and rats by covering them
  - Wash fruits and vegetables with clean water before eating or cooking
  - Use a toilet when defecating
  - Wash your hands before eating and after using the toilet

**If Diarrhea Does Not Stop,  
Consult The Nearest Health Center**





# Health Advisory



# Pagtatae (Diarrhea)

**Panno Nakukuha:** Sa maruming tubig at pagkain

## Mga Palatandaan

- Madalas at matubig na pagtatae
- Uhaw na uhaw
- Malalim na bumbunan at mata

## Agarang Panlunas

- Bigyan ng ORESOL, lugaw, am o sabaw na walang mantika
- Ipagpatuloy ang pagpapakain

## Pag-iwas at Pagsugpo

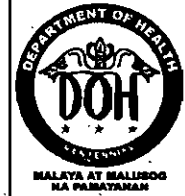
- Uminom ng ligtas at malinis na tubig inumin. Kung hindi tiyak na ligtas ito, pakuluan at hayaang kumulo ito sa loob ng 3 minuto
- Kumain lamang ng mga pagkaing maayos ang pagkakahanda at nalutong mabuti. Iwasan ang pagkaing itinitinda sa kalye
- Takpan ang lahat ng pagkain ng hindi madapuan ng ipis, langaw o insekto
- Hugasang mabuti ang prutas at gulay bago kainin o lutuin
- Gumamit ng palikuran
- Maghugas ng kamay bago kumain at pagkatapos gumamit ng palikuran

**Kumunsulta Sa Pinakamalapit Na Health  
Center Kung Hindi Bumubuti Ang Kalagayan**



# HEPATITIS A

(INFECTIOUS HEPATITIS)



## Health Advisory

**Cause:** Hepatitis A virus

**Mode of Transmission:**

- ingestion of food contaminated with human waste and urine of persons who are sick of Hepatitis A

**Signs and Symptoms:**

- fever
- flu-like symptoms: weakness, muscle and joint aches, loss of appetite, dizziness
- with or without vomiting
- abdominal discomfort
- after few days, jaundice may follow

**Immediate Treatment:**

- NO SPECIFIC MEDICINE TO CURE THE PATIENT OR SHORTEN THE COURSE OF THE ILLNESS
- sick persons should be isolated, advised to rest, take plenty of fluids and avoid fatty foods
- patient who fail to take in fluids or are too weak to eat are sometimes brought to the hospital for intravenous administration of fluids and vitamins

**Prevention and Control:**

- wash hands after using the toilet, before preparing food and before eating
- dispose human waste properly
- when there is no red tide ban, oysters, clams and other shellfish from waters contaminated with human waste should be thoroughly cooked for 4 minutes or steamed for 90 seconds before eating.

The disease is self-limiting and may last for 1 to 2 weeks. Patient often recovers even without treatment



Multimedia Center of Excellence • PIHES, Department of Health • Series of 1998

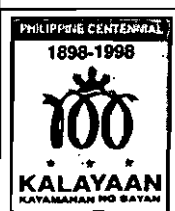
Department of Health



D110  
H80.42 H34 1998



# Health Advisory



# HEPATITIS A

(INFECTIOUS HEPATITIS)

**Sanhi:**

Hepatitis A virus

**Paano nakukuha:**

- sa pagkain at inuming tubig na kontaminado ng dumi at sa ihi ng taong may sakit na Hepatitis A

**Mga Palatandaan:**

- lagnat
- panghihina, pananakit ng kasu-kasuan, pagkahilo
- pagkawala ng ganang kumain
- sakit ng tiyan, maaaring magkaroon ng pagsusuka
- maaaring manilaw pagkaraan ng ilang araw

**Agarang lunas:**

- ang taong may Hepatitis A ay dapat ibukod, pagpahingahin, painumin ng maraming tubig at umiwas sa pagkain na mataba
- kung hindi makakain at makainom ang pasyente, dalhin siya sa ospital

**Pag-iwas at pagsugpo:**

- maghugas ng kamay pagkatapos gumamit ng kubeta, bago maghanda ng pagkain at bago kumain
- laging gumamit ng kubeta sa pagdumi
- ang mga pagkaing-dagat ay kailangang pakuluan ng mabuti bago kainin
- huwag makigamit ng kutsara, tinidor at iba pang gamit ng may sakit upang hindi mahawa

**Ang Hepatitis A ay gumagaling sa loob ng 1 hanggang 2 Linggo kahit hindi ginagamot**





# TYPHOID FEVER

**Cause:** salmonella typhi bacteria

**Mode of Transmission:**

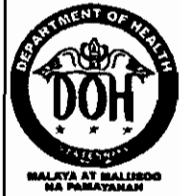
- Ingestion of food and water contaminated with human waste

**Signs and Symptoms**

- sustained high fever
- headache
- malaise (weakness)
- anorexia (loss of appetite)
- diarrhea or constipation and abdominal discomfort

**Prevention and Control**

- boil water for 3 minutes
- cook food well and always cover to prevent flies from contaminating them
- wash thoroughly all vegetables and fruits especially those that are eaten raw
- avoid eating unsanitary street foods
- wash hands with soap and water after using the toilet and before eating
- keep surrounding clean to prevent breeding of flies
- bring suspected cases immediately to the nearest health center or hospital



**Health Advisory**





# Health Advisory



## TIPUS TYPHOID FEVER

**Saan nakukuha:** "salmonella typhi" bacteria

**Paano nakukuha:**

- sa kontaminadong pagkain at inuming-tubig

**Mga palatandaan:**

- mataas na lagnat
- pananakit ng ulo
- panghihina
- kawalang gana sa pagkain
- pagtatae o pagtitibi at "abdominal discomfort"

**Pag-iwas at pagsugpo:**

- pakuluan ang inuming-tubig at hayaang kumulo ito ng 3 minuto kung hindi tiyak na ligtas ang pinagkunan nito
- lutuin ng husto ang pagkain at laging takpan upang hindi dapuan ng mga langaw na nagdudulot ng sakit
- hugasang mabuti ang lahat ng prutas at gulay na kinakaing hilaw
- iwasang kumain ng mga pagkaing tinitinda sa mga bangketa kung hindi sigurado ang kalinisan ng mga ito
- gumamit ng sabon sa paghuhugas ng kamay pagkatapos gumamit ng kubeta at bago kumain
- panatilihing malinis ang kapaligiran upang maiwasan ang pagdami ng langaw
- kung inaakalang may "typhoid fever", dalhin ang pasyente sa pinakamalapit na health center o ospital



# Cholera



## Cause

- *Vibrio cholerae* bacteria

## Mode of Transmission

- eating of food or drinking of water, contaminated with human waste

## Signs & Symptoms

- sudden onset of frequent painless watery stools
- vomiting
- rapid dehydration (e.g. sunken eyeballs, wrinkled and dry skin)

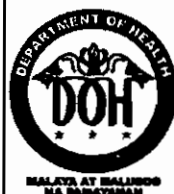
## Immediate Treatment

- replace lost body fluid by giving Oral Rehydration Solution (ORESOL) or a home-made solution composed of 1 teaspoon of salt, 4 teaspoons of sugar mix to 1 liter of water
- if diarrhea persists, consult your health workers or bring the patient to the nearest hospital

In extreme cases, cholera is a rapidly fatal disease. A healthy individual may die within 2-3 hours if no treatment is provided.

## Prevention and Control

- drink only potable water. If unsure, boil drinking water for 3 minutes
- keep food away from insects and rats by covering it
- wash and cook food properly
- sanitary disposal of human waste
- use toilet properly and clean toilet everyday
- wash hands with soap after using the toilet and before eating
- keep surroundings clean to prevent flies and other insects and rodents from breeding



# Health Advisory





# Health Advisory



# Kolera



## Saan nakukuha

- mikrobyong "vibrio cholerae"

## Paano nakukuha

- sa kontaminadong pagkain at inuming-tubig

## Mga palatandaan

- biglaang pagtatae na malimit at matubig
- pagsusuka
- mabilis na pagkawala ng tubig at sustansya sa katawan o "dehydration" (hal. nanlalalim ang talukap ng mata, bumbunan, pangungulubot at panunuyo ng balat)

## Agarang panlunas

- palitan agad ang nawalang sustansya sa katawan sa pamamagitan ng pag-inom ng ORESOL o kaya'y magtimpla ng isang litrong tubig na may isang kutsaritang asin at apat na kutsaritang asukal
- kung patuloy ang pagtatae, kumunsulta sa "health worker" o dalhin ang pasyente sa pinakamalapit na ospital

Sa mga malulubhang kaso, ang kolera ay mabilis makamatay.

Ang isang maysakit ay maaaring mamatay sa loob ng 2 hanggang 3 oras kung hindi malulunasan agad.

## Pag-iwas at pagsugpo

- uminom lamang ng ligtas at malinis na inuming-tubig. Kung hindi tiyak na ligtas ito, pakuluan muna at hayaang kumulo ng 3 minuto bago inumin
- takpan ang mga pagkain upang maiwasan ang pagpunta ng mga insekto at daga sa mga pagkain
- hugasan at lutuing mabuti ang mga pagkain
- ang bawa't pamilya ay dapat mayroong sariling malinis na kubeta
- gumamit ng kubeta tuwing dudumi at panatilihing malinis ito
- gumamit ng sabon sa paghuhugas ng kamay pagkatapos gumamit ng kubeta at bago kumain



# **WATER from FIRE TRUCKS and WATER PEDDLERS...**



- .. should be placed in a clean container with cover
- .. should be boiled for at least 3 minutes or chlorinated at all times to prevent diseases caused by bacteria
- .. if it has suspicious color, odor, taste and sediments should not be used for drinking but for cleaning and washing purposes only

**"Always drink  
safe and clean  
water"**

For further information seek the assistance of your sanitary inspector from Local Health Units.

**Health Advisory**

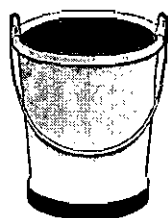




# Health Advisory



## ANG TUBIG NA GALING sa FIRETRUCKS o TAGARASYON AY DAPAT...



- .. ilagay sa malinis na sisidlan na may takip
- .. pakuluan ng 3 minuto o kaya'y lagyan ng chlorine ang inuming tubig upang maiwasan ang bakterya o mikrobyo na nagiging sanhi ng sakit
- .. huwag inumin ang tubig na may latak, kakaibang kulay, amoy, at lasa. Gamitin lamang ito na panghugas at panglinis

"Laging uminom  
ng malinis at ligtas  
na tubig"

Para sa karagdagang kaalaman kumunsulta sa mga  
sanidad sa pinakamalapit na Health Center.



# Tamang Paraan sa Pagtatapon ng Dumi ng Tao

Ang mga sakit na maaring makuha mula sa dumi ng tao tulad ng pagtatae, kolera, hepatitis A at tipos ay maaring maiwasan.

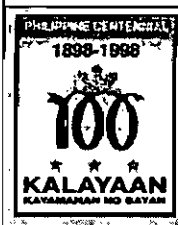
## Mga Hakbang na Dapat Gawin

1. Ang bawat tahanan ay dapat may malinis na palikuran/kubeta.
2. Gumamit ng malinis na kubeta kapag dumumi o umihi.
3. Itapon sa kubeta ang dumi ng sanggol.
4. Panatilihing malinis ang kubeta.
  - kailangang may basurahan sa loob ng kubeta
  - kailangang laging may tubig sa loob ng kubeta
  - huwag magtapon ng papel o anumang bagay sa "toilet bowl"
  - laging buhusan ang kubeta o panatilihing may takip ang "pit type" na kubeta
  - linisan ang kubeta araw-araw
  - sa paglilinis ng kubeta, gumamit ng "disinfectant" minsan sa isang linggo

**Oplan: Iwas Sakit sa Tag-init  
Kalusugan sa Tag-ulan**



**Health Advisory**





# Health Advisory



# Kalinisan ng Pagkain

Ang maruming pagkain ay karaniwang pinagmulan ng sakit tulad ng pagtatae, hepatitis A, tipos at pagkakaroon ng bulate

Mga Hakbang na Dapat Gawin:

1. Kumain ng pagkaing ligtas at malinis ang pinagmulan  
Iwasang bumili ng pagkain mula sa mga side-walk vendors
2. Hugasan ang prutas o gulay bago kainin, ihanda o iluto.
3. Bago humawak ng pagkain, hugasang mabuti ang kamay. Gumamit ng sabon at malinis na tubig.
4. Lutuing mabuti ang pagkain.
5. Tiyaking malinis ang lalagyan ng pagkain.
6. Ilagay sa refrigerator ang mga pagkaing madaling mapanis o masira.
7. Tiyaking laging may takip ang pagkain.

Oplan: Iwas Sakit sa Tag-init  
Kalusugan sa Tag-ulan



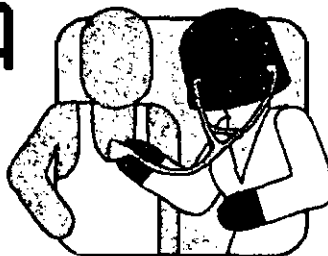


# Diseases

Brought About  
by Nutritional  
Deficiencies

III

# IRON DEFICIENCY ANEMIA



## Causes:

- ~ lack of iron-rich foods in the diet
- ~ lack of vitamin C in the diet which helps in the absorption of iron by the body
- ~ chronic blood loss due to parasitism or menstruation
- ~ increased demand of the body during pregnancy and lactation

## Signs:

- ~ weakness
- ~ insomnia
- ~ easily becomes tired
- ~ lack of appetite
- ~ lack of concentration
- ~ paleness

## Prevention:

- ~ eat foods rich in iron, such as malunggay, kamote tops, gabi leaves, patchay, saluyot, alugbati, kangkong, whole grain cereal, dried dilis, alamang, seaweeds, liver, internal organs
- ~ take iron tablets daily as prescribed especially during pregnancy
- ~ eliminate intestinal parasites

## Remember:

On October 16 (Araw ng Sangkap Pinoy), iron tablets will be given to pregnant women.



**GO TO THE NEAREST SANGKAP  
CENTER FOR FREE IRON  
TABLETS!**

**Health Advisory**





# Health Advisory



## Causes:

- not eating enough foods rich in vitamin A
- lack of fat or oil in the diet which help the body absorb vitamin A
- poor absorption or rapid utilization of vitamin A during illness

## Signs:

- nightblindness (if child refuses to play in the dark or has difficulty seeing in the dark)
- bitot's spot (foamy soapsud-like spots on white part of the eye)
- dry, hazy and rough-appearing cornea
- crater-like defect on cornea
- softened cornea; sometimes bulging

## Prevention:

- eat foods rich in vitamin A, such as liver, eggs, milk, crab fat, cheese, dilis, malunggay, gabi leaves, kamote tops, kangkong, alugbati, saluyot, carrots, squash, ripe mango
- take correct dose of vitamin A capsules as prescribed

On October 16 (ARAW NG SANGKAP PINOY), vitamin A capsules will be given in the nearest health or Sangkap center to preschoolers (12-59 months). Go to the nearest **SANGKAP CENTER for Free Vitamin A Capsules!**





# OCTOBER 16, ARAW NG SANGKAP PINOY!

What will happen?

FREE distribution of:

- vitamin A capsules
- iron tablets
- iodized oil capsules

Where?

all health or sangkap centers of the country

Why?

- vitamin A capsules to prevent vitamin A deficiency
- iron tablets to prevent iron deficiency anemia
- iodized oil capsules to prevent iodine deficiency disorders

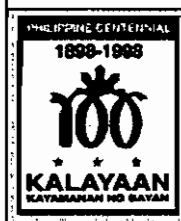
Who are the targets?

for vitamin A capsules: preschoolers, 1-4 years old

for iron tablets: all pregnant women

for iodized oil capsules: (only in areas where incidence of goiter is high); all women of child-bearing age (15-44)

**Health Advisory**





# Health Advisory



# IODINE DEFICIENCY DISORDER



## Causes

- ♦ lack of iodine-rich foods in the diet
- ♦ presence of goitrogens in food and water (i.e. cassava and cabbage) which interfere with the absorption of iodine by the body

## Signs: goiter

## Prevention

- ♦ eat foods rich in iodine, like dilis, pusit, kuhol, lato (seaweeds), WHEN THERE IS NO RED TIDE BAN: talaba, tahong, alamang, shrimps, crab
- ♦ use iodized salt

## Why is IODINE important?

Iodine is needed to produce thyroid hormone, which prevents

- ♦ mental retardation
- ♦ growth retardation
- ♦ physical deformities
- ♦ miscarriage and stillbirths

**Remember:** On October 16 (Araw ng Sangkap Pinoy), iodized oil capsules will be given to child-bearing age women living in areas where incidence of goiter is high

**GO TO THE NEAREST SANGKAP CENTER FOR FREE IODIZED OIL CAPSULES!**



# Diseases

Common  
during  
SUMMER

IV

# It's SUMMERTIME

*March to May is vacation time and fiesta season in the country. To avoid food poisoning, diarrhea, heat-associated ailments and recreation-associated injuries, the public is advised to take the following precautions.*

## Food and drinks

- .. eat properly cooked food
- .. preferably, foods must be eaten immediately after cooking (while still hot)
- .. left-over food should be refrigerated and reheated before being eaten
- .. food handlers should wash their hands before and after food preparation
- .. if sick, you should avoid preparing food for others
- .. avoid drinking water and iced beverages of doubtful quality
- .. if water quality is doubtful, boil your drinking water for at least 2 minutes

## At the beach

- .. do not allow children to swim without the company of an adult who can swim and is not drunk
- .. avoid staying under the sun with scanty clothes for more than 3 hours as this predisposes to sunburn, heat exhaustion and the worst, heat stroke.
- .. should you want a tan, drink plenty of fluids so as not to dehydrate yourself

## While on the road

- .. check your vehicle very well before going on a trip
- .. bring your repair kit with you
- .. when drunk, never attempt to drive

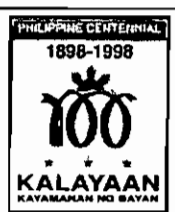


# Health Advisory





# Health Advisory



## CHICKENPOX

(Bulutong - Tubig)

**Cause:** "Varicella" virus

### Mode of transmission

- person to person by direct contact, droplet or air-borne spread of fluid or secretions from persons with chickenpox
- contagious 5 days before and 5 days after the appearance of blisters

### Signs and symptoms

- appearance of reddish skin lesions which later become blisters on the 3rd-4th day of fever
- weakness
- muscle and joint pains
- sudden onset of fever

### Immediate treatment

- chickenpox rashes will disappear in 1-2 weeks time even without treatment
- give anti-fever drugs

### Prevention and control

- avoid crowded areas during epidemics isolate known cases
- vaccine is available but not recommended for public use because of high price while disease has very low fatality rates

**Those who had the disease before  
are already immune and  
will not have the disease again.**





# BULUTONG-TUBIG

## (Chickenpox)

**Sanhi:** mikrobyong "varicella"

**Paano nakukuha**

- paglanghap ng hanging may mikrobyo mula sa mga secretions galing sa ilong at bibig ng taong may bulutong - tubig
- ang taong may bulutong - tubig ay nakakahawa 5 araw bago at 5 araw pagkatapos lumabas ng mga butlig na may tubig

**Mga Palatandaan**

- pagkakaroon ng mapupulang butlig sa balat
- panghihina
- masasakit na kalamnan at kasu-kasuan
- biglaang lagnat

**Agarang panlunas**

Ang bulutong-tubig ay gumagaling sa loob ng 1-2 Linggo kahit walang inuming gamot

- bigyan ng gamot para sa lagnat
- bigyan ng gamot para sa kati o kirot

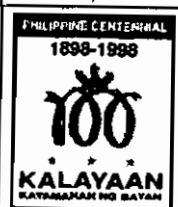
**Pag-iwas at pagsugpo**

- umiwas sa mga lugar na maraming tao kapag panahon ng bulutong - tubig
- ihiwalay agad ang pasyente sa ibang kasambahay

Ang taong nagkaroon na ng bulutong-tubig ay hindi na magkakaroon pang muli



**Health Advisory**





# Health Advisory



# Galís Aso

**SANHI: KAGAW (Mite)**

**PAANO NAKUKUHA:**

- Maaaring ilipat ng taong may galis-aso sa ibang tao sa pagdirikit ng kanilang balat
- Sa mga pang personal na gamit ng taong may galis-aso tulad ng damit, kumot, unan, tuwalya at banig

**MGA PALATANDAAN:**

- Hindi mapigilang pagkati at pagkamot lalo na kung gabi
- Pagkakaroon ng singaw sa pagitan ng mga daliri, sa may pulsuhan at sa pigi

**AGARANG PAGLUNAS:**

- Lagyan ng pamahid sa balat (lotion) laban sa galis-aso ang buong katawan at iwan ng buong magdamag, hugasan kinabukasan at ulitin matapos ang isang linggo
- Kailangang lahat ng miyembro ng pamilya ang kasama sa gagamutin para hindi na magbalik ang impeksiyon

**PAG-IWAS AT PAGESUGPO:**

- Maligo araw-araw at magpalit ng damit
- Iwasang manghiram/magpahiram ng tuwalya, gamit sa pagtulog at iba pang gamit sa katawan
- Bago labhan ang mga gamit ng pasyente, buhusan muna ito ng kumukulong tubig at pabayaang sampung minuto

**Iwasang Dumikit sa  
Taong may GALIS-ASO  
at sa mga Gamit Nito.**



# **SORE EYES**

- .. is caused by a virus
- .. manifested by redness of the eyes and lids, and pus-like or thick discharge
- .. highly communicable even during incubation period (the time from infection to onset of symptoms, which is usually from 12-15 days) which lasts up to 14 days from the onset of symptoms
- .. the symptoms usually disappear in one week even without medications
- .. common during summer months

## ***Mode of Transmission***

- .. direct contact with eye secretions from an infected person
- .. indirectly through contaminated surfaces, instruments, eye solutions and poorly chlorinated pools

## ***Signs and Symptoms***

- .. itchiness of the eye or foreign body sensation
- .. redness and pain in the eyes
- .. blurring of vision
- .. low grade fever in some cases
- .. headache, and general weakness

## ***Treatment***

- .. no specific treatment during the acute phase (1-2 weeks)
- .. no over the counter eye drops are advised but if symptoms persists the patient must see an eye doctor

## ***Prevention***

- .. avoid using common towels, eye drops, eye make-up and applicators and sharing sunglasses or eyeglasses
- .. do not rub eyes when itchy or a foreign body has entered it
- .. wear eyeglasses or sunglasses on a windy day to protect eyes from foreign particles
- .. during sore eyes epidemic:
  - avoid crowded places
  - minimize hand to eye contact



# Health Advisory





# Health Advisory



# SORE EYES

- .. sanhi ng "virus"
- .. nakakahawa mula sa umpisa ng paglabas ng palatandaan hanggang 14 na araw
- .. ang mga palatandaang ito ay kusang nawawala kahit hindi gamutin sa loob ng isang Linggo
- .. karaniwang sakit tuwing tag-init

## *Paano Nakukuha*

- .. mula sa "secretions" ng mata ng taong may "sore eyes"
- .. sa pamamagitan ng mga kontaminadong mga gamit at pampatak sa mata, at mga swimming pool

## *Mga Palatandaan*

- .. pangangati ng mata
- .. pamumula at pananakit ng mata
- .. paglabo ng paningin
- .. maaaring may sinat
- .. pananakit ng ulo at panghihina

## *Agarang Panglunas*

- .. walang eksaktong gamot
- .. kung ang pamumula ng mata o paglabo ng paningin ay patuloy pa rin pagkatapos ng 2 linggo, kumunsulta sa doktor sa mata

## *Pag-iwas at Pagsugpo*

- .. iwasan ang panghihiram ng tuwalya, pampatak sa mata, "make-up at applicators" sa mata, at "sunglasses"
- .. huwag kusutin ang mata kapag ito'y nangangati
- .. magsuot ng "sunglasses" kung malakas ang hangin upang makaiwas sa pagkapuwing
- .. kapag panahon ng "sore eyes":
  - iwasan ang mataong lugar
  - bawasan ang "hand to eye contact"



# Influenza

**Etiology:** influenza virus (3 types a,b,c)

**Mode of Transmission**

- Airborne spread in crowded areas
- Direct contact

**Signs and Symptoms**

- Fever
- Headache
- Muscle and joint pains
- Sore throat
- Cough

**Immediate Treatment**

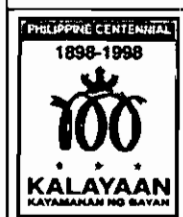
- Adequate rest, and nutritious foods
- Drink more water and juice
- Medicines for fever and pain maybe used

**Prevention**

- Cover mouth and nose when sneezing or coughing to avoid spread of virus
- Avoid overcrowded areas
- Avoid contact with patients when possible.
- Adequate rest and nutritious food



**Health Advisory**



HEALTH ADVISORIES  
On  
Handling Natural  
Disasters and  
Calamities

V

# HAZE

**HAZE due to forest fire in Indonesia can cause air pollution which can bring about increased risks for Respiratory Tract Infections and Cardiac Ailments.**

## What to do?

- Elderly, children and those with respiratory and cardiovascular ailments should:
  - Stay indoors with good ventilation
  - Wear dust masks when going outside the house

Motorists should exercise extreme caution whenever on the road to prevent accidents

- Use headlights/foglights
  - Follow the required minimum speed level
  - Ensure that vehicle is in good running condition
- Stay away from low-lying areas where smoke and suspended particles may settle
- Consult a doctor if there is:
  - difficulty in breathing
  - cough
  - chest pain
  - increased tearing of the eyes
  - nose or throat irritation
- Tune in to your radio or television for more health advisories



## Health Advisory

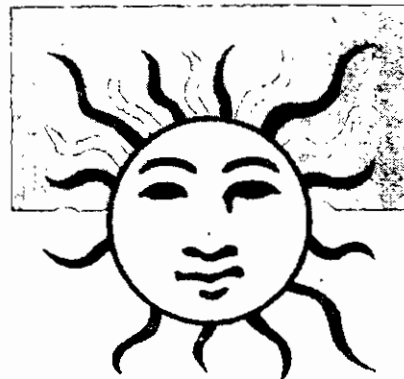




# Health Advisory



## El Niño Phenomenon



**characterized by extreme climatic conditions; extreme temperature rise with a little rainfall, and at the opposite extreme, there is unusually heavy rainfall**

### Health Effects

- Diseases related to water scarcity or shortage such as diarrhea and skin diseases
- Red Tide Blooms
- Disorders associated with high temperatures: heat cramps, heat exhaustion, exertional heat injury and heat stroke

### Preparation

- Conserve water and use it wisely.
- Protect water sources from contamination.
- Drink more fluids.
- Listen to the updates on shellfish ban.
- Wear light clothing.
- Avoid strenuous physical activity.

**Be ready for the coming of El Niño phenomenon! Be prepared.**







Characterized by frequent thunderstorms,  
heavy rainfall, and flooding

### Health Effects

- Diseases related to contaminated water due to flooding, such as acute gastroenteritis, typhoid fever, cholera, and hepatitis A
- Diseases related to wading in floodwater contaminated with urine of infected animals, such as leptospirosis
- Diseases brought by mosquitos, such as dengue and malaria

### Prevention

- Boil your drinking water for 2 or 3 minutes
- Wash hands before preparing food and after using the toilet
- Avoid wading in floodwater. If you must, wear rubber boots
- Clean-up all possible mosquito breeding sites, such as vases, empty coconut shells, old tires, and tin cans

### How to Avoid Injuries

Related to wading in floods, such as contusions, lacerations, fractures, electrocution

- Do not go out during a heavy thunderstorm
- Avoid wading and taking a bath in floodwaters
- Stay away from power lines; stay in dry and shaded areas

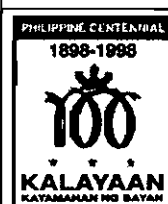
### Exposure to hazardous chemicals

- Never attempt to remove hazardous chemical containers during a flood
- Store properly in plastic bags small amounts of household pesticides
- Report to local authorities any problem with hazardous chemicals

### What to Do In Case of Heavy Flooding

- When a flood advisory is issued, residents in low lying areas should seek for higher grounds.
- Avoid crossing low-lying areas and bridges during evacuation

# Health Advisory





# Health Advisory



## **Bulkan** Dapat bang Hangaan o Katakutan?

Ang bansa natin ay isa sa mga bansang sagana sa likas na yaman at magagandang tanawin tulad ng mga bulkan.

Ang mga bulkang Mayon, Canlaon, at Taal ay ilan lamang sa magagandang bulkan na sadyang kaakit-akit lalo na sa mga dayuhan.

Subali't pumuputok ang mga ito. Sa mga taong naninirahan malapit sa bulkan, ang payo namin ay:

- makinig lamang sa mga ulat at utos na magmumula sa may kapangyarihan
- sundin ng maayos at mahinahon ang utos na paglikas
- mahalagang bagay lamang ang dalhin tulad ng damit at pagkain

At kapag pumuputok ang bulkan, huwag pumunta sa paanan ng bulkan sapagka't ito ay daluyan ng lava.

Kung may "*ash fall*" o abo na galing sa bulkan, takpan ng basang damit, kumot o sako ang bubungan ng bahay. Laging linisin ito sapagka't ang abong naiipon dito ay tumitigas at magiging dahilan ng pagbagsak ng bubungan.

Maging maingat at mahinahon rin sa pagmamaneho dahil ang abo na galing sa bulkan ay nakakaapekto sa visibility ng driver.

Ang pagputok ng bulkan ay maaaring maganap sa anumang sandali, kaya huwag ipagwalambahala ang mga payong ito.

**Sagipin ang kalusugan at kabuhayan;  
kalamidad ay paghandaan!!**



# Bagyo ng



## ating Buhay

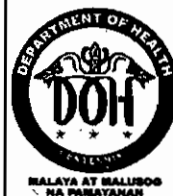
Sa panahon ng tag-ulan gawin ang mga sumusunod:

- makinig o manood sa inyong mga radyo o telebisyon tungkol sa weather updates
- alamin kung mayroong parte ng inyong bahay na maaaring ilipad ng hangin, katulad ng yero
- maghanda ng pagkain na hindi nangangailangan ng pagluluto, katulad ng mga de-lata
- iwasan ang pamamasyal o pagbibibyahe sa ilog, dalampasigan at baybaying-dagat
  - mag-ipon ng malinis na inuming-tubig
  - maghanda ng kandila at plaslayt na may baterya

Kung kinakailangan lumikas sa panahon ng bagyo, tandaan ang mga sumusunod:

- isara ang lahat ng mga bintana
- ibaba ang main switch ng koryente
- isara ng mahigpit ang tangke ng gas
- itaas ang mga mahalagang bagay, ari-arian at kagamitan
- magdala ng first aid kit, damit at pagkain ng bata, mahahalagang damit sa lamig at lubid

**Sagipin ang kalusugan at kabuhayan,  
kalamidad ay paghandaan!**

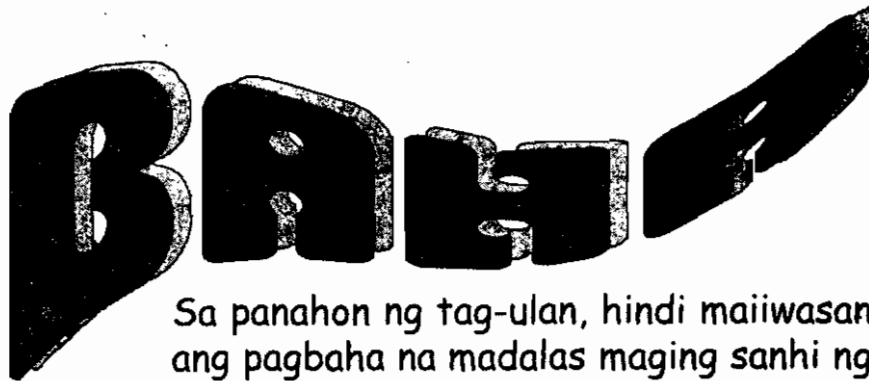


**Health Advisory**





# Health Advisory



Sa panahon ng tag-ulan, hindi maiiwasan ang pagbaha na madalas maging sanhi ng pagkakasakit at kapahamakan

## UPANG MAIWASAN ANG PAGKAKASAKIT AT KAPAHAMAKAN

- Isaayos ang pagtatapon ng basura nang hindi bumara sa mga daluyan ng tubig
- Tiyakin na matatag ang mga kawad na daluyan ng kuryente; ibaba ang main switch ng koryente kung kinakailangan
- Pakuluan ang inuming tubig ng dalawang minuto o higit; Mag-ipon ng pinakuluang tubig
- Paghandaan ang "first aid kit", flashlight o kandila, de-bateryang radyo

## AT KUNG KINAKAILANGANG LUMIKAS

- Makinig lamang sa mga ulat at tagubiling nagmumula sa mga kinauukulan sa pamahalaan o may kapangyarihan
- Sundin nang mahinahon ang mga tagubilin sa paglilikas
- Mag-ingat sa mga bukas na imburnal at iba pang daluyan ng tubig
- Iwasan ang daan patungo sa ilog
- Sa paggamit ng lubid, pumunta sa bahaging pinagmumulan ng agos at huwag bibitiw dito

**Sagipin ang kalusugan at kabuhayan:  
kalamidad ay paghandaan!**





# Health Advisory

**SANHI:** Mikrobyong "leptospira"

## PAANO NAKUKUHA

- Pumasok ang mikrobyo sa balat o sugat sapamamagitan ng tubig-baha, basang lupa o halamang may ihi ng kontaminadong daga

## MGA PALATANDAN

- Lagnat
- Pananakit ng binti, kalamnan, kasukasuan at ulo
- Pamumula ng mata

## PAG-IWAS AT PAGESUGPO

- Iwasang lumangoy o lumusong sa baha at maruming tubig
- Gumamit ng bota at guwantes kung kailangang lumusong sa baha o maruming tubig
- Sugpuin ang mga daga sa bahay





# Health Advisory



**Cause:** bacteria calle leptospira

## Mode of Transmission:

- through contact of the skin especially open wounds, with moist soil, vegetation or water contaminated with urine of infected rats, especially during floods

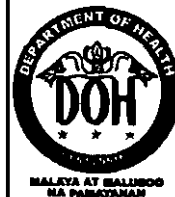
## Signs and Symptoms

- calf muscle pain
- fever
- flu-like symptoms: body pains, headache, muscular pains
- reddish conjunctiva

## Prevention and Control

- avoid swimming or wading in potentially contaminated waters or flood waters
- use of proper protection like boots and gloves when work requires exposure to contaminated water
- drain potentially contaminated water when possible
- control rats in the household by using rat traps or rat poison, maintaining cleanliness in the house.





# Health Advisory

**Kung lumilindol at ikaw ay nasa loob ng opisina o bahay:**

- kumubli sa ilalim ng mesa, kama, sopa o sa likod ng pintuan
- pagkatapos ng unang pagyanig, ibaba ang main switch ng kuryente
- isara ng mahigpit ang tangke ng gas
- huwag gumamit ng posporo kung inaakalang sumisingaw ang tangke ng gas

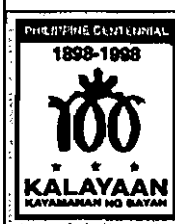
**Kung nasa labas ng gusali o bahay:**

- agad humanap ng masisilungan
- mag-ingat sa mga bumabagsak na poste, kawad ng kuryente at sa mga building debris

**Kung nasa loob ng tumatakbong sasakyan:**

- ihinto ang sasakyan malayo sa matataas na building o gilid ng bangin o matarik na lugar
- manatili sa loob ng sasakyan
- kung wala na ang pagyanig, magmaneho ng marahan at iwasan ang mga daan na malapit sa gumuhong lupa, bitak na lupa at mga napinsalang gusali

**Sagipin ang kalusugan at kabuhayan,  
kalamidad ay paghandaan!!**



HEALTH ADVISORIES

For  
Christmas and  
New Year  
Festivities

VI





# OPLAN '98 IWAS PAPUTOK

314 na Pilipino sa Metro Manila ang inireport na nasaktan sa paggamit ng mga paputok mula Disyembre, 1996 - Enero, 1997

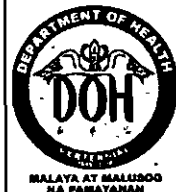
1 sa 10 kaso ng fireworks-related tetanus cases ang namatay sanhi ng paputok ang naitala noong Enero, 1997.

Sa darating na kapaskuhan, huwag gumamit ng mga paputok. Gumamit ng ligtas at panibagong paraan sa pag-iingay tulad ng torotot, palanggana, kaserola, atbp.

Kapag naputukan, agad linisin ang sugat ng sabon at tubig. Kumunsulta sa pinakamalapit na health center o ospital upang MABAKUNAHAN LABAN SA TETANO.

**SALUBUNGIN ANG BAGONG TAON NG  
BUHAY AT LIGTAS!**

**Maligayang Pasko at Malusog na  
Bagong Taon!**

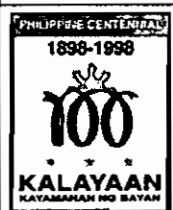


**Health Advisory**





# Health Advisory



# WATUSI

## Poisoning

**WATUSI** is a dancing firecracker. It is made up of an extremely poisonous and toxic chemicals.

### Signs & Symptoms Of Watusi Poisoning

- Burns
- Burning pain in the throat and garlic odor from breath
- Nausea, vomiting, diarrhea, abdominal pain and vomitus and excreta
- Shock

### Immediate Treatment

- If ingested, **DO NOT INDUCE VOMITING**
- Give 6-8 egg whites to children, 8-12 egg whites for adults
- If dermal exposure, bathe the patient using alkaline soap like Perla or Ivory.

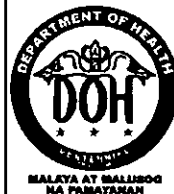
Bring the child immediately to the nearest hospital even if the child seems to be well since the ill-effect may not be seen at once.

**WATUSI is extremely a dangerous Firecracker!**  
**Do not let your child play with it.**





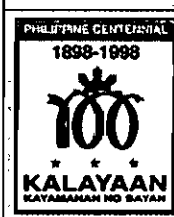
# Kalusugan sa Kapaskuhan



Here are some health tips for the Christmas Season:

1. Plan Christmas activities for yourself and your family to prevent tension and stress.
2. Take care of yourself and your family against changes in temperature. Children and adults may become susceptible to cough, colds and fever. If your cough, colds and fever is more than five days, consult your nearest health station.
3. Prepare a well- balanced Noche Buena and Media Noche meals. Make sure that vegetable and fruits are on the table together with your traditional ham and queso de bola.
4. Be kind to your heart. Eat a moderate amount of nutritious foods to sustain your daily activities.
5. Drink plenty of liquids. Drink plenty of water and fruit juices to facilitate excretion.
6. Have enough sleep. Give yourself enough sleep so that the mind and body can rest.
7. Avoid crowded areas because bacteria that cause diseases multiply and spread easily. Airy and well-ventilated areas are essential to healthy living.
8. Use environment-friendly Christmas decors that cost less and are not fire hazards. Save decors for next year and store them in a safe place.
9. Buy toys with no pointed or sharp edges; nor too small toys that can cause choking.
10. Do not use fireworks and firecrackers during the Holidays. Make some noise even without fireworks and firecrackers. Stay alive and whole for the coming year.

## Health Advisory



# Other Diseases

VII



# Leprosy (Ketong)



## Health Advisory

**CAUSE:** Mycobacterium leprae or leprosy bacilli

**Mode of Transmission:** Airborne: inhalation of droplet/spray from coughing and sneezing of untreated leprosy patient

### Signs and Symptoms

- .. long standing skin lesions that do not disappear with ordinary treatment
- .. loss of feeling/numbness on the skin
- .. loss of sweating and hair growth over the skin lesions
- .. thickened and/or painful nerves in the neck, forearm, near elbow joint and the back of knees

**Immediate Treatment:** Multi-Drug Therapy (MDT) Go to the nearest health center for immediate treatment

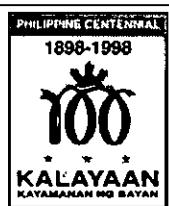
### Prevention and Control

- .. treat all leprosy cases to prevent spread of infection
- .. young children should avoid direct contact with untreated patients
- .. practice personal hygiene
- .. maintain body resistance by healthful living
  - good nutrition
  - enough rest and exercises
  - clean environment





# Health Advisory



# Ketong



**SANHI:** Mikrobyong  
*Mycobacterium leprae*

## Paano Nakukuha

Paglanghap ng hanging may mikrobyo sa pamamagitan ng: pagsasalita, pag-ubo o pagbahin ng taong may ketong na hindi pa nagagamot o kulang ang paggamot

## Mga Palatandaan

sakit sa balat na:

- namumula o namumuti
  - pagkawala ng pakiramdam
  - hindi nagpapawis at hindi tinutubuan ng buhok
- pagkapal at pananakit ng ugat sa leeg, siko at likod ng tuhod

**Agarang Panlunas:** Multi-Drug Therapy (MDT)

**Kumunsulta sa pinakamalapit na health center**

## Pag-iwas at Pagsugpo

- gamutin ang may sakit na ketong upang masugpo ang pagkalat ng impeksiyon
- ilayo ang mga bata sa taong hindi pa nagpapagamot
- panatilihin ang malinis ang ating katawan sa lahat ng oras
- panatilihin ang malakas ang resistensiya sa pamamagitan ng malusog na pamumuhay
  - masustansiyang pagkain
  - hustong pahinga at ehersisyo
  - malinis na kapaligiran



# *Meningitis*

## *Meningococcemia*



# Health Advisory

**SANHI :** Mikrobyong "Neisserria meningitis"

**PAANO NAKUKUHA:** Paglanghap ng mga dumi (secretions) galing sa ilong at lalamunan ng taong may sakit

**MGA PALATANDAAN:**

- Mataas na lagnat
- Malarosas na pasa-pasa sa buong katawan sa loob ng 24 oras pagumpisa ng lagnat
- Matinding sakit ng ulo, hindi mapakali, at pagsusuka
- Kung minsan kinukumbulsiyon

**AGARANG PAGLUNAS :**

- Gamot para sa lagnat, kumbulsiyon at suwero

**PAG-IWAS AT PAGESUGPO :**

- Madaliang paggamot sa pasyente
- Paghiwalay ng pasyente sa nakararami
- Dapat magpakunsulta ang mga kasama sa bahay para maiwasan ang pagkahawa

Kumunsulta kaagad sa Pinakamalapit na Health Center o Ospital





# Health Advisory



## **HIGH BLOOD PRESSURE**

**A SILENT KILLER. . .**

**THE MOST COMMON AMONG HEART DISEASES AND  
THE MOST COMMON CAUSE OF STROKE BUT**

### **People Mostly Affected by High Blood Pressure**

- Smokers
- Overweight
- Among the Older age group:  
above 40 years old for males;  
menopausal age for female
- With family history of heart diseases,  
diabetes and kidney disease
- Under chronic stress
- Heavy alcohol drinker
- With high serum cholesterol level

### **PREVENTION...**

- Don't Smoke
- Maintain ideal body weight
- Exercise regularly for at least 20 minutes,  
continuously, three times a week

### **Cardio Vascular Disease or CVD**

- is the Number 1 killer in the country
- Every hour, 9 Filipinos die of CVD
- 1 out of 4 deaths in the country is due to CVD
- 1 out of 10 Filipinos aged 15 years old and above has  
hypertension/high blood pressure
- 80%-85% of all primary high blood pressure are  
mild

**TAKE GOOD CARE OF YOUR HEART,  
CHOOSE A HEALTHY LIFESTYLE!**





HEALTH ADVISORIES

for  
Substance  
Abuse

VIII

# Kilala ba ninyo ang inyong anak?

May mga pagbabago ba siya na kapansin-pansin?



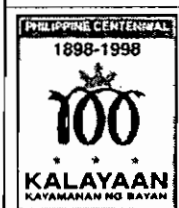
- ☒ Hindi mapagkatulog
- ☒ Walang ganang kumain
- ☒ Humpak ang pisngi at nanlalalim ang mata
- ☒ Pabaya sa kalinisan ng katawan
- ☒ Mainitin ang ulo
- ☒ Palahingi ng pera
- ☒ Mapaghinala

Siya ay maaaring gumagamit ng bawal na gamot o droga.  
Ang pag-iwas sa paggamit ng droga ay nakasalalay sa inyong mga kamay.  
Kumilos agad.

Sumangguni sa Department of Health.  
Tumawag sa sumusunod na numero sa telepono:  
531-8739 at 711-60-50



## Health Advisory





# Health Advisory



# ECSTACY

a prohibited drug that belongs to the addictive amphetamine group and has been abused as stimulant

Scientific Name: 3,4 Methylenedioxyamphetamine

## Street Names

- "Love Drug"
- X-tacy
- XTC
- MDMA
- ADAM
- Rave
- Flying Saucer
- LBD "Libido"



## Effects

The onset of effect occurs 20 minutes to one hour after intake and lasts for six hours.

- Hallucinations
- Euphoria
- Nausea
- Anorexia
- Anxiety
- Insomnia
- Death due to some extent to cardiac arrhythmias and seizures

## The Public is Being Warned Against the Use of ECSTACY



Multimedia Center of Excellence • PIHES, Department of Health • Series of 1998

**A**dvocacy  
for  
**B**lood  
Donation

**IX**

# **Share YOUR Blood**

Did you know that...

- ◆ At present, an average of 4 cases need blood transfusion every month in any hospital.
- ◆ 3 out of 10 cases who need blood do not get it because there is not enough supply.
- ◆ Blood from a paid donor is three times more likely to have any four blood transmissible diseases, such as malaria, syphilis, hepatitis B, or AIDS.

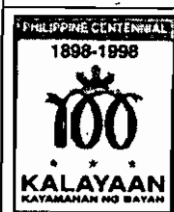
**This year, all commercial blood banks will be closed by 27 May. Those who need blood will have to rely on government blood banks.**

**Share your blood.**

**GO TO THE NEAREST GOVERNMENT  
HOSPITAL TO DONATE BLOOD.**



**Health Advisory**





# Health Advisory



# Share YOUR Blood

## How?

- Go to the nearest **BLOOD COLLECTION UNIT (BCU)** located in a government hospital.
- Register as potential blood donor.
- Your health history will be taken.
- A physical examination follows to check on your weight, temperature, pulse and blood pressure.
- A blood test will be done to know your blood group or type

**Sharing or donating blood is easy and rewarding. You will not feel any ill effects after donating and you can save the life of someone who needs your kind of blood.**

**GO TO THE NEAREST  
GOVERNMENT HOSPITAL TO  
DONATE BLOOD.**

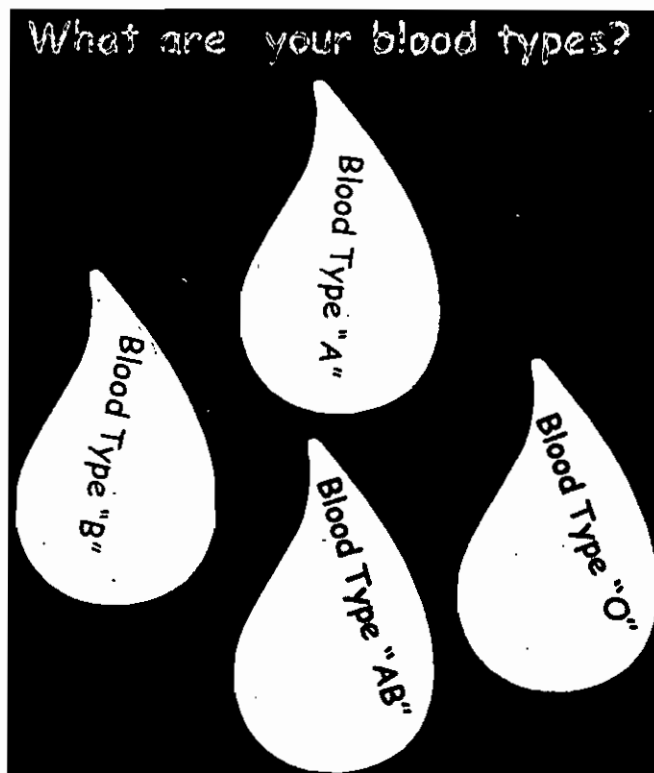


# Share YOUR Blood



## Do You Know Your Blood Type?

Knowing your blood type can be important, especially during emergencies. If you will need a blood transfusion, finding the right type for you will be faster.



**KNOW YOUR BLOOD TYPE.  
SHARE YOUR BLOOD. GO TO THE NEAREST  
GOVERNMENT HOSPITAL TO DONATE BLOOD.**

**Health Advisory**



Multimedia Center of Excellence • PIHES, Department of Health • Series of 1998



# Health Advisory



# Share YOUR Blood

## Are You Qualified to Share Your Blood?

**S**haring or Donating blood is easy as ABC. If you are 16 to 65 years old; and, weighs at least 45 kilograms or 100 pounds, then you can be a donor

**I**f you decide to share your blood, you can go to the nearest BLOOD COLLECTION UNIT in a government hospital. The doctors will take your temperature (must not be more than 37 degrees Centigrade); pulse at regular rhythm (must be between 50 to 100 per minute); blood pressure (must be between 90 to 160 mm Hg. for systolic and 60 to 100 mm Hg. for diastolic); and hemoglobin level (must be 125 grams per liter to 170 grams per liter).

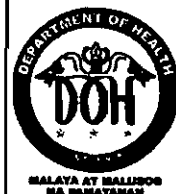
**I**f you meet all these physical requirements and pass the medical examinations, you can share your blood. You don't pay any fee. After donating blood, you will be asked to rest for a few minutes and, if you become hungry or thirsty, take a light snack. You can now go home.

**SHARE YOUR BLOOD.  
GO TO THE NEAREST GOVERNMENT  
HOSPITAL TO DONATE BLOOD.**





# Share YOUR Blood



## Are You Afraid To Donate Blood?

Sharing your blood is easy. It takes only 5 to 10 minutes and 250 to 450 ml.(milliliters) of your blood. This amount is replenished by the body within 3 to 5 hours. No special food is required except the increase in fluid intake.

After donating blood, a few minutes' rest before getting up is recommended, after which snacks can be taken.

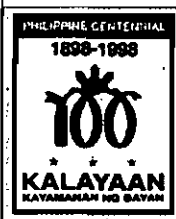
You can resume your usual activities immediately, unless your job requires you to be fully awake and alert, such as in operating heavy equipment and driving. If this is your kind of job, you may resume your activities after at least 6 hours.

A normal and healthy person can give blood every three months without harmful effects to the body.

So, share your blood. It is especially rewarding when you know that someone out there needs your kind of blood.

**GO TO THE NEAREST GOVERNMENT HOSPITAL  
TO DONATE BLOOD.**

**Health Advisory**





# Health Advisory



# Share YOUR Blood

## What Happens After You Give Blood?

Giving blood takes only 5 to 10 minutes. About 250 to 450 ml. of blood is extracted from you and this amount is easily replaced by the body within 3 to 5 hours. No special food is required, just drink more water.

After giving blood, rest for a few minutes and then you may take your snacks. You may resume your usual activities afterwards, unless your job requires you to be wide awake and alert (such as machine operator, driver, etc.). If you are, you may resume your usual activities after at least 6 hours.

Keep the dressing on the needle mark (where blood was drawn) on your arm dry for 24 hours. The skin around the mark may become discolored. It is not dangerous and will disappear after several days.

**SHARE YOUR BLOOD.  
GO TO THE NEAREST GOVERNMENT HOSPITAL TO  
DONATE BLOOD.**



# CONDITIONS

...that prevent you from sharing blood

- Diabetes
- Cancer
- Hyperthyroidism
- Cardiovascular diseases
- Severe psychiatric disorder
- Epilepsy/ convulsions
- Severe bronchitis & other lung disorders such as TB
- AIDS, Syphilis & other sexually transmitted diseases (past or present)
- Malaria
- Kidney & liver diseases, such as Hepatitis
- Prolonged bleeding
- Use of prohibited drugs

**GO TO THE NEAREST  
GOVERNMENT HOSPITAL  
TO DONATE BLOOD.**

If you do not have  
any of these conditions  
and you are physically  
fit, you can share  
your blood



**Health Advisory**



# Vector-borne Diseases

X

# Prevent DENGUE

**Join the 4 o'clock habit.**

**Do the following:**

- \* Cover water drums and water pails at all times to prevent mosquitoes from breeding.
- \* Replace water in flower vases once a week.
- \* Clean all water containers once a week. Scrub the sides well to remove eggs of mosquitoes sticking to the sides.
- \* Clean gutters of leaves and debris so that rain will not collect as breeding places of mosquitoes.
- \* Old tires used as roof support should be punctured or cut to avoid accumulation of water.
- \* Collect and dispose all unusable tin cans, jars, bottles and other items that can collect and hold water.

**For inquiries, please contact:  
Communicable Disease Control Service  
Department of Health  
Manila  
Telephone Nos.: 711-6804/711-6808**



**Health Advisory**





# Health Advisory



# Iwasan ang DENGUE

## Gawin ang mga sumusunod na “4 o'clock habit”:

- \* Takpan ng maayos ang mga drum, timba at iba pang ipunan ng tubig upang hindi pangitlugin ng lamok.
- \* Palitan ang tubig ng plorera minsan sa isang Linggo.
- \* Linisin at kuskusin ang mga gilid ng lalagyan ng tubig minsan sa isang Linggo. Ang mga itlog ng lamok ay kumakapit sa mga gilid nito.
- \* Linisin ang mga alulod ng bahay upang hindi maipunan ng tubig at pamahayan ng lamok.
- \* Ang mga lumang gulong na ginagamit na pabigat sa bubungan ay kailangang butasan upang hindi maipunan ng tubig.
- \* Itapon ang mga lata, bote at iba pang nakakalat sa paligid na maaaring pangitlugin ng lamok kapag naipunan ng tubig.

Para sa karagdagang kaalaman, tumawag sa :  
Communicable Disease Control Service  
Department of Health  
Manila

Telephone Nos. 711-6804/711-6808



# Notes

# Notes





Department of Health



**D110**

H60.42 H34 1998 / Health advisories

