Republic of the Philippines
Department of Education
NEGROS ISLAND REGION

NOV 1 2 2026

REGIONAL MEMORANDUM
No. 1314, s. 2026

STRENGTHENING THE PREVENTION AND CONTROL OF INFLUENZA-LIKE ILLNESS IN SCHOOLS

To: Schools Division Superintendents
All Others Concerned

1. This Office, through the Education Support Services Division, disseminates the attached Memorandum from **Hon. Malcolm S. Garma**, Undersecretary of Governance and Operations, dated October 22, 2026 titled **"Strengthening the Prevention and Control of Influenza-like Illness in Schools,"** which is self-explanatory.

2. Immediate dissemination of this Memorandum is desired.

RAMIR B. UYTICO EdD, CESO III
Regional Director

Reference: As Stated
Incl: As Stated
To be indicated in the Perpetual Index
under the following subjects:

HEALTH PROGRAMS STUDENTS

MMG/ESSD-RM/ Strengthening the Prevention and Control of Influenza-like Illness in Schools
___/November 10, 2026

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Republika ng Pilipinas

Department of Education

OFFICE OF THE UNDERSECRETARY FOR OPERATIONS

MEMORANDUM
OM-OUGOPS-2026-__-_____

FOR : **REGIONAL DIRECTORS**
SCHOOLS DIVISION SUPERINTENDENTS
PRINCIPALS/SCHOOL HEADS/TEACHERS-IN-CHARGE
ALL OTHERS CONCERNED

FROM : **MALCOLM S. GARMA**
Undersecretary

SUBJECT : **STRENGTHENING THE PREVENTION AND CONTROL OF INFLUENZA-LIKE ILLNESS IN SCHOOLS**

DATE : October 22, 2026

In line with the Department of Health (DOH) advisories on **influenza-like illness (ILI)**, copies of which are enclosed as Annexes A and B, all schools are advised to strengthen preventive measures, early recognition of symptoms, and timely referral in order to protect learners and personnel and to support the continuity of learning.

Learners, parents or guardians, and school personnel shall be informed of the symptoms to watch for, namely **fever, cough, runny nose, sore throat, headache, body aches, and weakness**, as illustrated in the DOH infographic "Sintomas na Dapat Bantayan Ngayong Flu Season!" (Annex A). Individuals experiencing these symptoms are encouraged to seek medical assessment, particularly when symptoms persist or worsen.

To this end, school heads, in coordination with school health personnel and local health offices, are directed to implement the following measures, which are consistent with the DOH infographic "8 Tips Para Maiwasan ang Influenza-Like Illnesses Ngayong Flu Season" (Annex B):

a. **Promote influenza vaccination.** Encourage learners, personnel, and their families to consult their healthcare provider or local health office regarding annual influenza vaccination, subject to age eligibility, medical assessment, and applicable consent requirements.
b. **Reinforce respiratory etiquette.** Remind everyone to cover the mouth and nose with a tissue or the bent elbow when coughing or sneezing, to dispose of used tissues properly, and to clean their hands immediately afterward.
c. **Ensure regular hand hygiene.** Maintain functional handwashing facilities with soap and clean water. Remind learners and personnel to wash their

hands frequently and to avoid touching their eyes, nose, and mouth with unwashed hands.

d. **Improve ventilation.** Keep classrooms, offices, clinics, and common areas adequately ventilated by opening windows and doors when safe and feasible.
e. **Minimize crowding.** Review arrangements for assemblies, queues, and other school activities to reduce crowding, particularly in enclosed or poorly ventilated spaces.
f. **Encourage appropriate mask use.** Individuals with cough or colds who need to leave home, including to seek consultation, should wear a well-fitting mask, as appropriate for their age and health condition and in accordance with current DOH guidance.
g. **Encourage sick individuals to stay home.** Learners and personnel who are unwell should rest at home, avoid close contact with others, and inform their class adviser or immediate supervisor. Return to school or work shall follow healthcare advice and prevailing health guidance, and reasonable learning support shall be provided to affected learners.
h. **Manage symptoms occurring during school hours promptly.** Learners or personnel who develop symptoms during school hours shall be referred to school health personnel or a designated trained first aider and, while awaiting assessment or arrangements to go home, shall be placed in a supervised, well-ventilated area away from others. The parent or guardian of an affected learner shall be notified, and referral shall be arranged when necessary. A sick learner shall not be sent home unaccompanied.
i. **Ensure timely consultation and emergency referral.** Individuals with fever accompanied by cough, colds, sore throat, or body aches should consult the nearest health center, YAKAP clinic, or healthcare provider. Those experiencing **difficulty breathing or other severe symptoms require immediate medical attention**, and emergency transport shall be arranged when necessary.
j. **Strengthen monitoring and coordination.** School heads shall monitor illness-related absenteeism and promptly report unusual increases or clusters of similar symptoms to the Schools Division Office (SDO) and the local health office through existing reporting mechanisms. The confidentiality of health information shall be protected, and any recommended response shall be coordinated with health authorities. Any adjustment to classes or school activities shall follow prevailing DepEd policies and authorized procedures.

Regional Directors and Schools Division Superintendents are requested to ensure the immediate dissemination of this Memorandum and its annexes to all schools and offices under their jurisdiction. School heads shall, in turn, disseminate the DOH materials (Annexes A and B) through official school communication channels, bulletin boards, and brief classroom reminders, and shall engage parents and guardians in reinforcing preventive practices without disrupting instructional time.

For information and appropriate action.

ANNEX A


HANDA SA BANTA
SINTOMAS NA DAPAT BANTAYAN NGAYONG
FLU SEASON!
Lagnat
Ubo
Sipon
Pamamaga ng lalamunan
Pananakit ng ulo
Pananakit ng katawan
Panghihina
Kung nahihirapan huminga o may malubhang sintomas, magtungo agad sa health center, YAKAP clinic, o pinakamalapit na ospital sa inyong lugar.
TRANGKASO BYE-BYE!
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ANNEX B

8 TIPS PARA MAIWASAN ANG INFLUENZA-LIKE ILLNESSES NGAYONG FLU SEASON



Siguraduhin na bakunado ang pamilya laban sa flu.



Takpan ang bibig at ilong kapag uubo o babahing.



Ugaliin ang madalas na paghuhugas ng kamay gamit ang sabon at malinis na tubig.



Panatilihin ang magandang airflow at bentilasyon.



Iwasan hawakan ang mata, ilong, at bibig.



Iwasan ang masikip at mataong lugar.



Magsuot ng mask kung may ubo o sipon at kailangang lumabas.



Kapag hindi maganda ang pakiramdam, manatili sa bahay at iwasan makisalamuha sa ibang tao.

Kung may lagnat kasabay ng ubo, sipon, pananakit ng lalamunan at katawan, **magtungo sa health center o YAKAP clinic para magpakonsulta.**

TRANGKASO BYE-BYE!

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