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
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

<table>
<thead>
<tr>
<th>Days 1-3</th>
<th>Days 3-4</th>
<th>Days 4-6</th>
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<tr>
<td>• cold, cough and some fever</td>
<td>• eyes are reddish</td>
<td>• as the rash goes away, skin often begins to peel</td>
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<tr>
<td>• eyes are red &amp; watery &amp; sensitive to light</td>
<td>• rash covers the face &amp; spreads all over the body</td>
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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 convolution, 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.
EFFECTS

3,4 Methylendioxyamphetamine

SCHIENTIFIC NAME

STREET NAMES

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

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

THE PUBLIC IS BEING WARNED AGAINST THE USE OF ECSTACY
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 (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 even without medications in one week
- 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 it is 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
Eating of contaminated shellfish

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

What to do in case of suspected Paralytic Shellfish Poisoning (PSP): BRING PATIENT IMMEDIATELY TO THE NEAREST HOSPITAL

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
Pagtatae (Diarrhea)

PAANO NAKUKUHA: Sa marumiting tubig at pagkain

MGA PALATANDAA: • Madalas at matutulog na pagtatae
• Uhay na uhay
• 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 listas at malinis na tubig inumin. Kung hindi tiyak na listas ito, pakuluan at hayaang kumulo ito sa loob ng 2 minuto
• Kulay lamang ng mga pagkaing maayos ang pagkakahanda at nalutong mabuti. Tawasan ang pagkaing itiniginda sa kalat
• Takpan ang lahat ng pagkain ng hindi madapuan ng ipis, langaw at insekto
• Hueasang mabuti at prutas at gulay bago kaining 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
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

contagous 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

Multimedia Center
March 1998
Hepatitis A
(INFECTIOUS HEPATITIS)

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

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

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

MultiMedia Center
March, 1998
Sanhi
* makukuha sa maruming tubig at pagkain

Mga palatandaan
* pagsakit at paglaki ng tiyan
* pagbaba ng dugo
* pagbaba ng timbang
* malnutrisyon
* pagtatae
* hindi mapakali

Agarang panlunas
* pagpupurga

Pag-iwas at pagsugpo
* gumamit ng sabon sa paghuhugas ng kamay bago kumain at pagkatapos gumamit ng kubeta
* maligo araw-araw at maggupit ng kuko
* laging mag-tsinelas
* laging gumamit ng kubeta sa pgdumi
* takpan ang mga pagkain para hindi mapuntahan ng insekto
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.
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
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
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
SANHI: KAGAW (Mite)

PAANO NAKUKUHUHA:
• 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 pulsohan at sa pidi

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 PAGSUGPO:
• 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 lumulubad na tubig at pabayaan ng sampung minuto

IWASANG DUMIKIT SA TAONG MAY GALIS-ASO AT SA MGA GAMIT NITO
WATER FROM FIRE TRUCKS AND WATER PEDDLERS...

- should be placed in a clean container with cover
- should be boiled for at least 2 minutes or chlorinated at all times to prevent diseases caused by bacteria
- should not be used for drinking but for cleaning and washing purposes only if it has suspicious color, odor, taste and sediments

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

"DRINK SAFE AND CLEAN WATER"
SANHI: Mikrobyong "leptospira"

PAANO NAKUKUHA

- Pumasok ang mikrobyo sa balat o sugat sapamamagitan ng tubig, baha, basanglupa o halamang may hihi ng kontaminadong daga.

MGA PALATAANDAAN

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

PAG-IWAS AT PAGSUGPO

- 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
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 bulkan 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

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!!
Para sa pamilya:

**Sagipin ang Kalusugan at Kabuhayan.....**

**Kalamidad ay Paghandaan**

Ang pagkakainsala ng buhay at kabuhayan ay karaniwang dahilan sa kakulangan ng kaalaman sa paghahanda - may kalamidad man o wala.

Mga dapat paghandaan ng bawat pamilya bago dumating ang kalamidad gaya ng bagyo, baha, lindol, lahar at iba pang kalamidad:

- Malinis na inuming tubig at mga pagkaing di mabilis mapanis.
- Maayos na pagtatapon ng basura upang malwasan ang pagbabara ng mga kanal na sanhi ng pagbabaha.
- Malinis na paligid upang di pagbahayan ng mga lamok, daga at iba pang hayop na may dalang sakit.
- Kumpletong bakuna ng mga bata.
- Nakahandang "first-aid kit", "fire extinguisher" at "flashlight".

Kaunting malasakit, kaligtasan ang kapalit.
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-iron ng pinakuluang tubig
- Paghandaan ang “first aid kit”, flashlight o kandila, de-bateryang radyo

**AT KUNG KINAKAILANGANG LUMIKIKAS:**

- 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 ogos at huwag bibitiw dito

SAGIPIN ANG KALUSUGAN. AT KABUHAYAN
KALAMIDAD AY PAGHANDAAN!
Tetano

Sanhi
mikrobyong *clostridium tetani*

Paano nakukuha
pumapasok ang mikrobyo sa maruruming sugat

Mga Palatandaan
* paninigas ng panga, leeg, kamay, paa at tiyan
* hirap sa paglunok at paghinga
* mahinang pag-iyak, hindi pagsuso at pangingitim ng sanggol

Pag-iwas at pagsugpo
* kapag nasugatan dahil sa paputok, agad linisin ang sugat ng sabon at tubig
* kumunsulta sa health center o ospital upang mabakunahan laban sa tetano

Huwag ipagwalang bahala ang anumang sugat na nagmula sa paputok.
Tetano

Sanhi
* mikrobyong Clostridium tetani

Paano nakukuha
* pumapasok ang mikrobyo sa marurumig sugat

Mga Palatandaan
* paninisang ng panga, leeg, kamay, paa at tiyan
* hirap sa paglunok at paghinga
* mahinang pag-iyak, hindi pagsuso at pangingitim ng sanggol

Pag-iwas at pagsugpo
* pabakunahan ang mga bata at mga babaeng nagdadalantao laban sa tetano
* kapag nasugatan dahil sa paputok, agad linisin ang sugat ng sabon at tubig
* iwasan malagyan ng dumi, dahon o abo ang sugat
* kumunsulta sa health center o ospital upang mabakunahan laban sa tetano

Pabakunahan ang mga buntis at sanggol laban sa tetano. Kumunsulta sa pinakamatapit na Health Center kung mayroong nararamdaman siyang masarapin ng tetano.
434 na Pilipino sa Metro Manila ang inireport na nasaktan sa paggamit ng mga paputok mula Disyembre, 1996 - Enero, 1997

4 sa 15 kasong 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-liingay tulad ng torotot, planggana, kaserola, atbp.

Kapag naputukan, agad linisin ang sugat ng sabon at tubig. Kumunsulta sa pinakamalapit na health center o ospital upang magbakunahan laban sa tetano.

SALUBUNGIN ANG BAGONG TAON NG BUHAY AT LIGTAS!

Maligayang Pasko at Malusog na Bagong Taon!
Mga paalalang pangkalusugan ngayong kapaskuhan:

1. Planuhin ang inyong mga gagawin ngayong panahon ng pasko upang maiwasan ang pagmamadali at tensyon.

2. Ingatan ang sarili at pamilya sa pabago-bagong klima at sa pagkatuyo ng pawis sa katawan. Ito ay maaaring maging sanhi ng ubo, sipon at lagnat. Kung ang ubo, sipon at lagnat ay mahigit na sa 5 araw, kumunsulta sa pinaka-malapit na health center.

3. Maghanda ng masustansyang pagkain sa Noche Buena at Media Noche. Siguraduhing may kasamang gulay at prutas ang hamon at kesong de bola sa hapag-kainan.


5. Uminon ng maraming tubig at mga “juice” para gumaan ang pakiramdam.

6. Matulog ng sapat upang makapagpahinga ang katawan at isipan.

7. Iwasan ang mga mataong lugar dahil ang mga bakteryang sanhi ng sakit ay mabilis dumami at kumalat sa mga ganitong lugar.


9. Bumili ng mga laruang walang matulis o matalas na bahagi o kaya’y maliliit na laruang maaaring makabara sa lalamunan.

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.