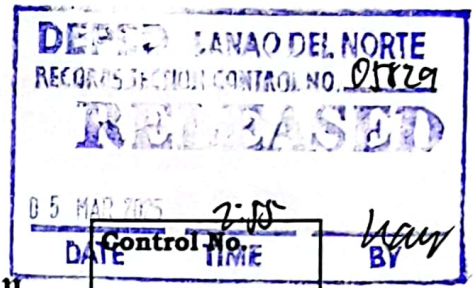




Republic of the Philippines
Department of Education
REGION X – NORTHERN MINDANAO
SCHOOLS DIVISION OF LANA O DEL NORTE



March 4, 2025

DIVISION MEMORANDUM

No. 146, s. 2025

**SUGGESTED PREVENTIVE MEASURES ON MITIGATING THE IMPACT OF
EXTREME HEAT WEATHER CONDITIONS**

To: Assistant Schools Division Superintendent
Chief Education Supervisor – SGOD
Chief Education Supervisor – CID
Public Schools District Supervisors & Coordinating Principals
OSDS Personnel
SGOD Personnel
CID Personnel
All Public Elementary and Secondary School Heads
All Teaching and Non-teaching Personnel
All Others Concerned

1. In line with increasing heat indices forecast by Philippine Atmospheric, Geophysical and Astronomical Services Administration (PAGASA), this Office reiterates to all schools and offices the importance of mitigating the impact of heat index hazard and prioritizing the health and well being of the learners and personnel.
2. In this connection, all offices and schools are advised to implement preventive measures such as:
 - a. Learners, school and office personnel should stay hydrated. Teachers should encourage their learners to drink plenty of water. Regular water break must be encouraged, and all personnel and learners should bring their own water bottles. Offices and classrooms should have a water station available.
 - b. Ensure all offices and classrooms are well-ventilated. Maximize the ventilation of classrooms such as opening of windows and doors to provide air flow.
 - c. Encourage all personnel and learners to wear protection against sun exposure such as hats, umbrellas and sleeved clothing outdoors.
 - d. Stay informed about weather forecasts and heat advisories from local weather authorities to plan in modifying or cancelling outdoor activities in the event of extreme heat warnings.
 - e. Automatically postpone outdoor activities during extreme heat conditions.



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- f. The school, with the help of school nurses, should conduct awareness campaigns among school personnel and learners about signs and symptoms of heat-related illnesses such as heat exhaustion and heat stroke. Inform them on how to respond if they feel unwell due to heat. Responses such as lowering down the body temperature by moving the patient to a shady spot, applying cool water to the skin, providing ventilation and applying icepacks to neck, armpits, wrist and groin.
 - g. The school must have an updated emergency hotline of the nearest health facility for further management of heat stroke cases.
3. In an event where face-to-face classes are suspended due to extreme heat conditions by the Local Chief Executives (LCEs), schools shall inform the Division Office through the DRRM Focal at 0946-075-8698 or email at drmm.depedlanaodelnorte@gmail.com. In such instances, affected schools shall transition to alternative delivery mode and coordinate with the Division ADM Focal.
 4. Immediate dissemination and strict compliance with this Memorandum is hereby desired.

EDWIN R. MARIBOJOC, CESO V
Schools Division Superintendent

Encl.: As stated
Reference: As stated

To be indicated in the Perpetual Index
Under the following subjects:

SUGGESTED PREVENTIVE MEASURES ON MITIGATING THE IMPACT OF EXTREME HEAT WEATHER CONDITION

DCM/DM – Suggested Preventive Measures on Mitigating the Impact of Extreme Heat Weather Condition
March 4, 2025



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