



Republic of the Philippines
DEPARTMENT OF EDUCATION
Region I
SCHOOLS DIVISION OFFICE
DAGUPAN CITY



**UNNUMBERED
DIVISION MEMORANDUM**

To: ASDS
Chiefs CID & SGOD
EPS-MAPEH
All School Heads/Principals/Coaches/Sports Coordinators of Public and
Private Schools, Elementary and Secondary

From: Office of the Schools Division Superintendent

Subject: **REGIONAL PALARO HEALTH GUIDELINES**

Date: February 22, 2019

Attached is a memorandum from the office of the Regional Director for the
information of all concerned.


DR. LORNA G. BUGAYONG, CESO VI
Schools Division Superintendent

- Should infectious diseases arise such as chicken pox, measles, hepatitis, etc., immediate isolation (separate room for patients) is recommended. In case of conjunctivitis, all the necessary precautions shall be observed to avoid spread of virus.
- All members of the delegation from each division shall be insured with an accredited insurance company ex. PRC.
- A certain amount shall be set aside from the delegation contingency funds to be used in case of any eventuality.
- Medical Officers shall ensure that the immunization record of athletes were screened and checked.
- Sick personnel shall not be allowed to take part in food handling and preparation.
- Dispose of empty or used bottles properly to avoid stocking up of water that maybe possible breeding places of mosquitoes.

Communication Network: All delegation medical teams, heads/coaches/chaperon shall have the contact number of the medical team to facilitate coordination during emergency or as necessary.

Other Reminders:

1. Smoking/vaping, drinking of alcoholic beverage is strictly prohibited at the billeting center and playing venues.
2. All delegation athletes, officials and other members of the delegation shall extend their full cooperation and support in the maintenance of the health, safety, security cleanliness and sanitation and discipline throughout the sports competition.
3. Strict compliance to DO 13 s. 2017, "Healthy Food and Beverage Choices". No Junk Foods and carbonated beverages inside and outside the billeting quarter.
4. Coaches must ensure that their athletes practices proper hygiene and good grooming at all times for proper blood circulation and to prevent from contracting any form of infections.
5. Single use PLASTICS IS NOT ALLOWED. NO TO PLASTIC.

Solidarity Meeting: A solidarity meeting on the guidelines for PALARO health services shall be convened by the host division/Provincial Government of Ilocos Norte to be attended by all the delegation Medical Teams.

For information and guidance.

For and in the absence of the Regional Director:



CECILIA P. ROSIDO
 Chief Education Supervisor
 Policy, Planning and Research Division
 Caretaker

REGIONAL OFFICE
RELEASED

FEB 22 2019

BY:



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MEMORANDUM

44372

TO: SCHOOLS DIVISION SUPERINTENDENTS

FROM: THE REGIONAL DIRECTOR

SUBJECT: *Regional Palaro Health Guidelines*

DATE: February 22, 2019

Main Playing Venue - A central medical station to be manned by the host medical team shall be set-up at the main playing venue. This station shall serve as the center where all cases attended and referred shall be recorded for ready reference. It can also be the center where all other delegation medical team can be on standby (ready to be called) during the games.

NOTE:

Medical Team - composed of physicians, nurses, dentists, Philippine Red Cross (PRC) staff, Provincial Health Office (PHO) Staff and Rural Health Unit (RHU) staff and volunteers from other institutions.

Stretcher Boys (Senior High School) - high school students under the supervision of PHO and RHU.

- for athletes who will collapse, faint or fall during the games, the stretcher boys shall bring them to the main medical station for first aid and later referred to their respective delegation medical team for further evaluation and/or referral.

Ambulance - a standby ambulance will be arranged at the main playing venue/s where contact or high risk sports are being conducted.

Referral Hospital and other Health Facilities:

- The host division/Province of Ilocos Norte thru the PHO shall make arrangements with local government hospitals/facilities for referrals. A list of these hospitals or facilities with contact numbers and addresses shall be provided to all delegations. In case of hospitalization, the concerned delegation shall be responsible for whatever expenses incurred. The nurse/physician shall bring the patient to the hospital, however, in case of confinement the chaperon shall act as the watcher.

- The athletes, coach or chaperons shall consult/report /refer any ailment to the health team.