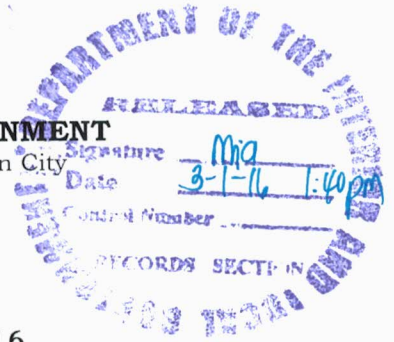




REPUBLIC OF THE PHILIPPINES
DEPARTMENT OF THE INTERIOR AND LOCAL GOVERNMENT

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March 1, 2016

MEMORANDUM CIRCULAR
No. 2016- 31

TO : ALL PROVINCIAL GOVERNORS, CITY/MUNICIPAL MAYORS, PUNONG BARANGAYS, REGIONAL GOVERNOR OF THE AUTONOMOUS REGION IN MUSLIM MINDANAO (ARMM), ARMM REGIONAL SECRETARY, DILG REGIONAL DIRECTORS AND FIELD OFFICERS, AND OTHERS CONCERNED

SUBJECT : **ADVOCACY ON THE PREVENTION AGAINST ZIKA VIRUS AND OTHER MOSQUITO-BORNE DISEASES**

BACKGROUND

The Zika virus is a mosquito-transmitted infection related to dengue, yellow fever and West Nile virus. These mosquitoes are aggressive daytime biters and they can also bite at night. Mosquitoes become infected when they bite a person already infected with the virus. Infected mosquitoes can then spread the virus to other people through bites.¹ The World Health Organization (WHO) declared Zika virus as a "public health emergency of international concern" and estimates 3 million to 4 million people across the Americas to be infected with the virus in the next year.² The Philippines, however, remains free of the Zika virus but the Department of Health (DOH) warns the public to remain vigilant especially pregnant mothers as the virus may cause birth defects to babies of women who suffered from the virus while they are pregnant.

SYMPTOMS

Common symptoms include fever, rash, joint pain, and conjunctivitis (*an inflammation or redness of the lining of the white part of the eye and the underside of the eyelid*). Other symptoms are muscle pain, headache, and vomiting. The illness is usually mild with symptoms lasting for 2-7 days.

TREATMENT

According to the DOH, there is no currently available vaccine to prevent Zika virus and there is no available medicine to treat the infection. However, it can be treated with common pain and fever medicines, rest, and plenty of water. If symptoms persist after 2 days, the DOH recommends consultation in the nearest health facility to seek medical advice.

PREVENTION

The Department of Health (DOH) calls on the public to keep their surroundings clean and destroy all possible breeding grounds of mosquitoes in their communities and to remember and use '4S' against Zika virus and other mosquito-borne diseases. 4S stands for (1) **Search and destroy** mosquito breeding places, such as buckets, flower pots, or tires; (2) **Self-protection measures** by using insect repellent; wearing clothes (preferably light-colored) that cover as much of the body as possible; using physical barriers such as screens, closed doors and windows; and sleeping under mosquito nets; (3) **Seek early**

¹ <http://www.cdc.gov/zika/disease-qa.html>

² http://www.nytimes.com/interactive/2016/health/what-is-zika-virus.html?_r=0

consultation for fever lasting more than 2 days; (4) and **Say yes to fogging** when there is an impending outbreak.

All local chief executives (LCEs) are hereby enjoined to extend support in their areas of jurisdiction by conducting massive information dissemination campaign on the prevention of Zika virus and other mosquito-borne diseases and clean-up drive to eradicate breeding places of mosquitoes and improve environmental sanitation in barangays.

DILG Regional Directors and Field Officers are directed to cause the immediate and widest dissemination of this Circular to all local government units (LGUs) within their regional assignments and provide assistance, where necessary and appropriate.

For the information and guidance of all concerned.


MEL SENEN S. SARMIENTO
Secretary 



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