



Republic of the Philippines  
**Department of Education**  
REGION X - NORTHERN MINDANAO  
DIVISION OF MALAYBALAY CITY

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DEPED MALAYBALAY CITY DIVISION  
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4<sup>th</sup> April 2024

**Division MEMORANDUM**

No. 152, s. 2024

**REITERATION OF OASOPS NO. 2023-077 RE: REITERATION OF THE IMPLEMENTATION OF MODULAR DISTANCE LEARNING AS PROVIDED IN DEPED ORDER NO. 037, S. 2022**

**TO:** Assistant Schools Division Superintendent  
Chief Education Supervisor, SGOD and CID  
School Heads of Public Elementary and Secondary Schools  
School DRRM Team Members

**FROM:**  **CHERRY MAE L. LIMBACO-REYES**  
Schools Division Superintendent

1. This Office reiterates OASOPS No. 2023-077 re: Reiteration of the Implementation of Modular Distance Learning as Provided in DepEd Order No. 037, s. 22, which reminds the School Heads of their authority and responsibility to suspend in-person classes and implement modular distance learning in cases of unfavourable weather and environment such as, but not limited to, extremely high temperatures which may considerably affect the conduct of classroom learning and put the learners' health and wellbeing at risk. For reference, the heat index shall be the basis for the declaration of suspension of in-person classes and shifting to modular distance learning. The shift to modular distance learning shall only be done after the local chief executive has declared the suspension of classes.
2. In this regard, all School Heads are directed to monitor the heat index level in their school community and instruct their teachers to ensure the availability of quality modules at all times to be given to their learners in the event that a shift to modular distance learning is needed.
3. Furthermore, any suspension of classes and shifting to modular distance learning must be coordinated to this Office. School Heads are also advised to coordinate with barangay officials for assistance in the safe release of learners.
4. When distance learning delivery is implemented, teachers are required to report to school and prepare lessons and materials. School Heads are instructed to monitor the attendance of their all teachers. Learners' outputs should be submitted and be checked daily or weekly by the teachers. No output means the learner is absent.



5. School heads must advise teachers and learners to stay hydrated by drinking plenty of water, stay indoors especially in the hottest part of the day, wear light and breathable clothing, and avoid strenuous activities.

6. Private Schools as encouraged to abide by DepEd Order No. 37, s. 2022 and OASOPS No. 2023-077.

7. Should there be queries, contact Jimdandy S. Lucine, Project Development Officer II, through DepEd Malaybalay DRRM Infoboard Facebook Page.

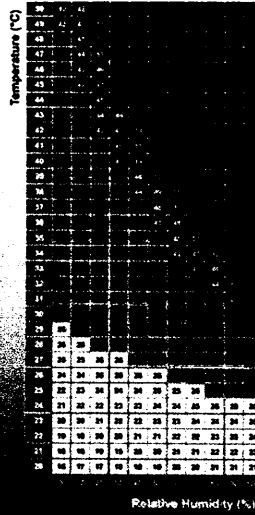
Encl: DOST Heat Index IEC  
Copy Furnished: Records Section | DRRM

# Gaano ba kainit ang panahon?

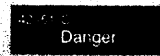
Ang init na nararamdaman ng katawan ng tao (*apparent temperature*) ay hindi akma ng nasusukat gamit lamang ang temperatura ng hangin (*air temperature*). Ito ay mas tamang naitataya kung isasama ang datos ng alinsangan o halumigmig (*relative humidity*). Ang impormasyon na ito ay tinatagpuan sa Heat Index at ito ay matutukoy gamit ang Heat Index Chart na nasa kanan.

Mula Mayo hanggang Mayo ang DOOT/PAGASA ay

Heat Index Chart



## Effect-based classification



Payong PAGASA sa tag-init



## Effect on the body

Fatigue is possible with prolonged exposure and activity. Continuing activity could lead to heat cramps.

Heat cramps and heat exhaustion are possible. Continuing activity could lead to heat stroke.

Heat cramps and heat exhaustion are likely; heat stroke is probable with continued exposure.

Heat stroke is imminent.

Note: Heat index values adapted from Stuedeman, 1979. Color-coded thresholds adapted from National Weather Service, National Oceanic and Atmospheric Administration (NWS/NOAA).

## Important survival information about heat-related illnesses\*:

### Causes :

- Prolonged exposure to hot temperatures
- Exhausting activities in a warm weather
- Age (the elderly and infants)
- Weak immune system
- High humidity
- Obesity
- Chronic alcoholism

### Symptoms :

- Sweating heavily
- Exhaustion or fatigue
- Dizziness or light headedness
- Blacking out or feeling dizzy when standing
- Weak but fast pulse
- Feeling of nausea
- Vomiting

### Prevention :

- Limit the time spent outdoors
- Drink plenty of water
- Avoid tea, coffee, soda and liquor
- Wear umbrellas, hats, and sleeved clothing outdoors
- Schedule heavy-duty activities for the beginning or end of the day, when it's cooler

### Emergency response:

- Move the person to a shady spot and lie him/her down with legs elevated. If conscious have them sip cool water.
- Remove clothing, apply cool water to the skin and provide ventilation.
- Apply ice packs to the armpits, wrists, ankles, and groin.
- Bring to a hospital immediately