



Office of the President

PHILIPPINE CHARITY SWEEPSTAKES OFFICE

Sun Plaza Building, 1507 Shaw Boulevard, Pasig City 1152



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PHILIPPINE CHARITY SWEEPSTAKES OFFICE
 MEDICAL SERVICES DEPARTMENT
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MEMORANDUM NO. MSD 0424-23

FOR : ALL PCSO OFFICIALS AND EMPLOYEES
 FROM : THE MEDICAL SERVICES DEPARTMENT
 SUBJECT : SAFETY REMINDERS FOR EXTREME SUMMER HEAT
 DATE : APRIL 24, 2024

Reference: Department of Health on Heat Related Illnesses dated April 22, 2024

1. Due to rising heat index up to 46 degrees Celsius in numerous parts of the country, the Medical Services Department is reminding everyone to take the necessary precautions to stay safe and healthy during this period of extreme heat. Thirty-four (34) cases of heat-related illnesses were reported nationwide from January 1, 2024 to April 18, 2024. Likewise, the Department of Health (DOH) has issued a warning against heat related illnesses that become more prevalent with extreme temperatures.
2. Temperatures ranging from 33-41 degrees Celsius are classified by PAGASA as "extreme caution" while those from 42-51 degrees Celsius are classified as "danger". Such temperatures can lead to heat cramps and heat exhaustion, characterized by symptoms such as fatigue, dizziness, headache, vomiting, and light headedness. Prolonged heat exposure increases the probability of heat stroke, a serious condition characterized by loss of consciousness, confusion, or seizures which can be deadly if left untreated.
3. Heat related illnesses are preventable by taking the following preventive measures:
 - a. Stay hydrated- drink plenty of water (at least 10-12 glasses of water) throughout the day. Avoid caffeinated drinks such as iced tea, coffee, or soda and alcoholic drinks;
 - b. Dress appropriately- wear lightweight clothing;
 - c. Ensure that working areas are cool and well ventilated;
 - d. Limit the time spent outdoors between 10am to 4pm;
 - e. Usage of protection against sunburn (sunscreen, protective clothing, use of umbrella, etc.); and
 - f. Stay informed – keep abreast of weather updates and health advisories.
4. In case of symptoms, keep in mind the following first aid measures:
 - a. Find an area with shade to cool off;
 - b. Remove all restrictive clothing, especially those with thick fabrics;
 - c. Apply cold compress on heated parts of the head and body;
 - d. Drink cold water slowly;

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Republic of the Philippines
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Sun Plaza Building, 1507 Shaw Boulevard corner Princeton St., Mandaluyong City 1152
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BAGONG PILIPINAS




e. Contact any available emergency services for emergency consult and management.

5. For your information and guidance.


KRISCH TRINE D. RAMOS MD

Noted by:


LARRY R. CEDRO
AGM, Charity Sector

Cc: Office of the General Manager
Office of the Members of the Board of Directors
Office of the Board Secretary