



# Institutional Bulletin

Series 34 of 2019

## Department of Health Dengue Advisory

In order to help spread public awareness and information on the growing dengue epidemic in our country, the university's Medical Services Unit would like to share the following health advisory from the Department of Health:

### **Important Things to Know about Dengue**

#### Cause

Bite of an *Aedes aegypti* mosquito infected with any one of the four dengue viruses

#### Mode of Transmission

Transmitted by a day biting mosquito called *Aedes aegypti* (This mosquito lays eggs in clear and stagnant water found in flower vases, cans, rain barrels, old rubber tires, etc. The adult mosquitoes rest in dark places of the house.)

#### Signs and Symptoms

Sudden onset of high fever which may last from 2 to 7 days.  
Joint and muscle pain and pain behind the eyes  
Weakness  
Skin rashes  
Nose bleeding when fever starts to subside  
Abdominal pain  
Vomiting of coffee-colored matter  
Dark-colored stools  
Difficulty of breathing

#### Treatment

Do not give aspirin for fever.  
Give sufficient amount of water or rehydrate a dengue suspect.  
If fever or symptoms persist for 2 or more days bring the patient to the nearest hospital.

#### Prevention and Control

Follow the 4-S against Dengue

##### 1. Search and Destroy

Cover water drums and pails.  
Replace water in flower vases once a week.  
Clean gutters of leaves and debris.  
Collect and dispose all unusable tin cans, jars, bottles and other items that can collect and hold water.

## 2. Self-Protection Measures

Wear long pants and long sleeved shirt.  
Use mosquito repellent every day.

## 3. Seek Early Consultation

Consult the doctors immediately if fever persists after 2 days and rashes appears.

## 4. Say Yes to Fogging When There is an Impending Outbreak or a Hotspot

## National Heroes Day

August 26, 2019

By virtue of Proclamation No. 555 s. 2018, President Rodrigo Duterte has declared August 26 (Monday) as a regular non-working holiday throughout the country. This is in observance of National Heroes Day.

As such, there will be no work and classes on Monday. Regular university operations will resume on August 27 (Tuesday).

Please be guided accordingly.

## McDavid La Salle Araneta vs. St. Clare College Game

August 26, 2019

Our men's basketball team will be playing against St. Clare College on August 26 (Monday), 3:30 PM.

The game will be aired live on PBA Rush channel 90 SD, 260 HD and Channel 5 PLUS. It will also be livestreamed on [facebook.com/PBARUSH247](https://www.facebook.com/PBARUSH247) and [ESPN5.com](https://www.espn.com)

Let us support our athletes by watching all of their games.

## Call for Donations for Brgy. Potrero Fire Victims

August 27, 2019

The Lasallian Mission and Formation Office (LMFO) is inviting the entire university community to help the 39 families who were affected in the fire which occurred last August 15 at Brgy. Potrero in Malabon City.

You may bring the following basic items—rice, canned goods, noodles, toiletries, and clothing—on or before August 27 (Tuesday) at the LMFO.

## 2<sup>nd</sup> Quarter Board of Advisers Meeting

August 28, 2019

The 2<sup>nd</sup> Quarter Board of Advisers Meeting will be held on August 28 (Wednesday), 10:00 AM – 12:00 NN, at the Board Room of Br. Andrew Gonzalez Hall (20<sup>th</sup> Floor), De La Salle University.

Please be guided accordingly.

---



*Mr. Christopher N. Polanco*  
Chancellor