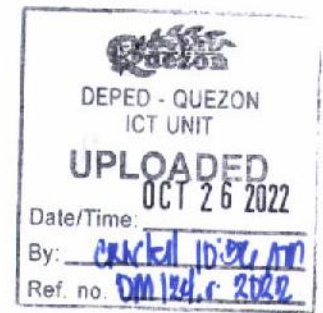




Republic of the Philippines  
**Department of Education**  
Region IV-A

SCHOOLS DIVISION OF QUEZON PROVINCE



21 October 2022

**OFFICE MEMORANDUM**  
OM No. 124, s. 2022

**I HEART U MONITORING OF SDO PERSONNEL IN CELEBRATION OF  
ONE HEALTH WEEK**

**To** : Assistant Schools Division Superintendents  
Division Chiefs  
Section/Unit Heads  
Division Office Personnel  
School Health Personnel  
All Others Concerned

Relevant to the Oplan Kalusugan sa DepEd One Health Week Celebration this October 2022, this Office will conduct a series of activities relative to Medical and Nursing Services as one of its flagship programs for SDO personnel. With the theme "*Pinalakas na Oplan Kalusugan sa DepEd, Pinatatag na Healthy Learning Institutions*", a Healthy Learning Institution would like to foster health and well-being of learners and personnel, and constantly strengthen its capacity as a healthy setting for living, learning and working. It also aims to follow up and monitor the health status of health personnel with findings during the conduct of the Annual Physical Examination, as well as ensure that personnel are properly monitored and referred for further medical management.

The said activities for the celebration are as follows:

<b>Date</b>	<b>Activities</b>	<b>Person Involved</b>
October 25, 2022 onwards	<ul style="list-style-type: none"><li>• Updating of Individual Health Card</li><li>• Updating of COVID-19 Vaccination Status and Others</li><li>• Glucose, Cholesterol and Uric Acid testing of personnel with high result of blood sugar, cholesterol and uric acid levels (NPO for 12hrs)</li><li>• BMI - Height and Weight measurement</li><li>• BP monitoring</li><li>• Health talks/ nutrition education</li></ul>	SDO Clinic Duty Nurse Vincent Lawrence Habito

DEPEDQUEZON-TM-SDS-04-010-005



**"Creating Possibilities, Inspiring Innovations"**

**Address:** Sitio Fori, Brgy. Talipan, Pagbilao, Quezon

**Trunkline #:** (042) 784-0366, (042) 784-0164, (042) 784-0391, (042) 784-0321

**Email Address:** quezon@deped.gov.ph

**Website:** www.depedquezon.com.ph



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These activities shall strictly observe the minimum health and safety standards as required by the IATF and the Division Safety and Health Protocols in the workplace.

For further inquiries, please see Ma. Teresita M. Abella, Nurse-in-Charge/ I Heart U Project Focal Person, at the School Health Section, Talipan Pagbilao, Quezon.

Immediate dissemination of this Memorandum is desired.

**ELIAS A. ALICAYA JR., EdD**  
Assistant Schools Division Superintendent  
Officer-in-Charge  
Office of the Schools Division Superintendent

shsmtma10/24/2022

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