

Information bulletin

 International Federation
of Red Cross and Red Crescent Societies

Philippines: Dengue

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29 July 2010

This bulletin is being issued for information only. It reflects the current situation and details available at this time. The Philippine Red Cross (PRC) and the International Federation of Red Cross and Red Crescent Societies (IFRC) have determined that external assistance from donors is not presently required.

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During the first six months of 2010, the Philippines recorded a significant number of dengue cases. According to the Department of Health, some 29,000 cases were reported between 1 January and 10 July 2010, compared to around 22,000 cases during the same period in 2009.

In June 2010, PRC national headquarters issued an advisory to its chapters for them to devise community-based dengue prevention activities. The national headquarters also provided chapters with guidelines on dengue preparedness – including mobilizing communities to conduct clean-up campaigns [to destroy mosquito-breeding sites]. PRC has since stepped up its campaign against dengue.



Volunteers from the Pangasinan chapter of PRC conduct a dengue awareness session [linked with hygiene promotion] for children at Balincanaway Elementary School. Photo: PRC

The Situation

The Philippines recorded a significant number of dengue cases during the first six months of 2010. According to the Department of Health, some 29,000 cases were reported – and admitted to different sentinel hospitals nationwide – between 1 January and 10 July 2010, compared to around 22,000 during the same period in 2009 [an increase of 34.7 per cent]. The highest numbers were recorded in Central Visayas (Region VIII), SOCCSKSARGEN (Region XII), CALABARZON (Region IV-A) and the National Capital Region (NCR), with 3,600, 3,400, 3,100 and 2,777 cases respectively. [<see map of the affected areas>](#)

All regions of the nation reported cases of dengue – some fewer cases and some more cases compared to 2009. Overall, Central Visayas reported the largest increase, with over 3,600 cases this year compared to 38 during the same period in 2009 (an increase of 1,062 per cent). Other regions where significant increases were recorded are as follows: MIMAROPA (Region IV-B), with 248 cases as of July this year compared to 65 in July 2009; Northern Mindanao (Region X), 2,661 cases this year compared to 311 in 2009; CARAGA (Region XIII), 1,291 cases compared to 510 in 2009, and; SOCCSKSARGEN, 1,291 cases compared to 510 in 2009. Regions I (Ilocos Region), II (Cagayan Valley) and the NCR have reported fewer cases, comparatively. Specifically, Ilocos Region reported 462 cases as of July this year compared to 969 in July 2009 [a decrease of 52.3 per cent], Cagayan Valley reported 459 cases compared to 934 in 2009 [a decrease of 50.9 per cent], and the NCR reported 2,777 cases compared to 5,259 in 2009 [a decrease of 34.8 per cent].

Although the number of cases is high, there are fewer deaths compared to the same period in 2009; as of 10 July 2010, 228 deaths [out of 29,363 cases] were reported, translating to a case fatality rate (CFR) of 0.8 per cent. During the same period in 2009, some 230 deaths [out of 21,794 cases] were reported – a CFR of 1.1 per cent.

Table 1: Dengue cases and deaths by region, as of Week 27, 2010
 (Source: Disease Surveillance Report, Public Health Surveillance and Informatics Division,
 National Epidemiology Center, Department of Health)

Region	Cases			Deaths			
	2010	2009	% change	2010	CFR (%)	2009	CFR (%)
National Capital Region (NCR)	2,777	4,259	-34.8	20	0.7	49	1.2
Ilocos Region (Region I)	462	969	-52.3	8	1.7	13	1.3
Cagayan Valley (Region II)	459	934	-50.9	10	2.2	18	1.9
Cordillera Administrative Region (CAR)	621	530	17.2	2	0.3	2	0.4
Central Luzon (Region III)	939	1,127	-16.7	5	0.5	12	1.1
CALABARZON (Region IV-A)	3,097	2,737	13.2	9	0.3	19	0.7
MIMAROPA (Region IV-B)	248	65	281.5	4	1.6	0	0
Bicol Region (Region V)	512	480	6.7	4	0.8	2	0.4
Western Visayas (Region VI)	2,620	2,209	18.6	15	0.6	38	1.7
Central Visayas (Region VII)	2,542	2,061	23.3	17	0.7	26	1.3
Eastern Visayas (Region VIII)	3,616	311	1,062.7	38	1.1	4	1.3
Zamboanga Peninsula (Region IX)	1,173	831	41.2	9	0.8	6	0.7
Northern Mindanao (Region X)	2,661	790	236.8	41	1.5	9	1.1
Davao Region (Region XI)	2,629	1,912	37.5	21	0.8	17	0.9
SOCCSKSARGEN (Region XII)	3,382	1,872	80.7	15	0.4	8	0.4
Autonomous Region of Muslim Mindanao (ARMM)	334	197	69.5	5	1.5	1	0.5
CARAGA (Region XIII)	1,291	510	153.1	5	0.4	6	1.2
TOTAL	29,363	21,794	34.7	228	0.8	230	1.1

Meanwhile, a dengue epidemic was declared in Davao del Sur – of Davao Region (Region XI) – and the province was placed under the state of calamity effective 7 July 2010. This was after cases of dengue hemorrhagic fever reached 600. According to the provincial health office, at least 14 deaths were reported in the province, most of them children.

Action by authorities

Since the beginning of the year, the Department of Health undertook – and continues to undertake – information and educational campaigns. Health authorities have used the Internet, newspapers, radio and television to disseminate advisories on dengue. They have also encouraged the observance of the *four-S strategy* against dengue: (i) Search and destroy; (ii) Self-protection measures; (iii) Seek early consultation; and (iv) Say no to indiscriminate fogging. June 2010 was declared “dengue awareness month” with the aim of enhancing public awareness on the preventive measures against this mosquito-borne disease.

In coordination with the Department of Health, regional, provincial and local (city or municipal) health authorities in affected areas have put in place surveillance and monitoring mechanisms. They have also initiated fogging, conducted information, education and communication (IEC) campaigns, and managed cases. These actions continue. Health authorities have also conducted larval surveys and blood sampling in affected areas.

Red Cross and Red Crescent action

National headquarters

In early June 2010, the national headquarters issued an advisory to its chapters to prepare for an increase in dengue cases across the nation, following the onset of the rainy season. The national headquarters advised all chapters to devise community-based dengue prevention programmes with the aim of creating an increased awareness among communities. Guidelines on dengue preparedness were issued concurrently; they included

identifying priority areas, organizing community health volunteers, mobilizing communities to conduct clean-up campaigns [to destroy mosquito-breeding sites], and monitoring dengue occurrences.

Subsequently, the national headquarters provided chapters with IEC materials, including frequently-asked questions (FAQs) and posters [see annexes]. It also provided technical guidance to respective chapters as they planned their interventions. The headquarters arranged meetings with the administrators of Bukidnon, Cagayan de Oro, Iligan City and Tangub City chapters – following an increase of dengue cases in their respective areas – and assisted them in planning for intensified community-based interventions. All chapters were advised to validate media reports and coordinate with local health authorities in verifying data on number of cases/deaths.

PRC's national blood service continues to monitor the availability – and undertaking an inventory – of blood in the National Society's blood service facilities (BSFs) nationwide. Due to the increased demand for blood, the national headquarters advised its chapters to strengthen their mass blood donation activities, and encourage volunteers to visit the nearest blood centres and donate blood. The headquarters also put in place measures to provide additional blood storage equipment for BSFs in most affected areas. In this regard, on 17 July 2010, the national headquarters sent a brand new platelet agitator [which can store about 30 units of platelet concentrate] to the Davao Del Sur chapter. A new plasma freezer [with the capacity of 250 units of fresh frozen plasma] was also sent to the chapter on 22 July 2010. Concerning blood inventory, the headquarters has instructed all chapters to maintain records of the general number of patients requesting blood, the general number of patients served, the number of units requested specifically for dengue cases, and the number of units served specifically to patients with dengue.

It is worth noting that pursuant to the National Blood Services Act of 1994, PRC [along the Department of Health, the Philippine Blood Coordinating Council, other government agencies and non-government organizations] is responsible for planning and implementing a national voluntary blood services programme that will develop rules for blood transfusion nationwide. In 2009, PRC's national blood service contributed 38 per cent of the nation's blood collection.

Ilocos Region (Region I)

The Ilocos Norte chapter of PRC has conducted a series of clean-up drives, reaching 51 households. Prior to the clean-up drives, participating volunteers underwent training in dissemination skills in order to increase their capacity to disseminate information about dengue. The chapter also undertook a mass information dissemination campaign through public radio. In addition, the chapter is monitoring the number of cases in the province and enhancing the availability of blood; it undertook mass blood donation campaigns on 17, 21 and 28 July 2010, which also served as forums to disseminate health information about dengue. As of 23 July 2010, the chapter's BSF had issued 39 units of platelet concentrate to 11 dengue patients.

The Pangasinan chapter of the National Society is working closely with provincial and municipal health offices in monitoring cases of dengue in the province. In late June, the chapter collaborated with the local division of the Department of Education (DepEd) and conducted school-to-school dengue awareness sessions. The dengue awareness sessions were linked with hygiene promotion and benefitted 25 pre-school children 150 high school students. In addition, IEC materials, including flyers and posters, were provided to 23 schools. The chapter also conducted a clean-up drive in the municipality of Rosales and in five barangays of Dagupan City. Meanwhile the chapter is undertaking an intensive blood donor recruitment and collection to augment the supply at Region 1 Medical Centre in Dagupan City.

Cagayan Valley (Region II)

The Cagayan chapter of PRC has identified priority areas where it should focus its action and mobilized its volunteers. The volunteers are supporting communities to conduct clean-up campaigns [to destroy mosquito-breeding sites]. The chapter is also monitoring the number of cases. Generally, however, there are fewer cases reported in the area this year.

CALABARZON (Region IV-A)

The Laguna chapter of the National Society has conducted information dissemination in identified "hotspots". The chapter mobilized and trained 12 community health volunteers to undertake dissemination of information on dengue. As of 26 July 2010, some 35,000 persons – comprising 17,400 community members from 37 barangays and 17,600 students from 37 schools – had been reached. Additionally, the chapter has placed posters [bearing dengue awareness messages and distributed flyers] in strategic locations.

The Quezon chapter of PRC is working in close coordination with local health authorities to conduct information dissemination. To date, the chapter has conducted dengue awareness sessions/disseminations at several

schools and barangays, as well as to the benefit of out-of-school youth at Hermana Fausta Development Center in Lucena. More massive information dissemination sessions are planned for the coming days/weeks. In the meantime, the chapter continues to monitor the number of dengue cases.

Eastern Visayas (Region VIII)

PRC's Leyte chapter mobilized its staff and volunteers to conduct information dissemination. Subsequently, the chapter coordinated with Tacloban City authorities to undertake a clean-up drive. Information dissemination is ongoing at various schools in Tacloban City and nearby municipalities. The chapter has also placed posters [bearing messages on dengue] in strategic areas around the province. With regard to blood, the chapter has organized various mass blood donation activities to ensure that the inventory of blood/blood products in its BSF is maintained above critical supply levels. The chapter continues to utilize a tri-media approach – local newspapers, radio and television – to encourage people to donate blood, and in the process assist patients in need of blood. As of 26 July 2010, the chapter's BSF had served 75 dengue patients, with 152 units of blood released. Meanwhile, the chapter requested the Eastern Visayas regional blood centre (EVRBC) for additional blood component preparations. To date, EVRBC has shipped 55 units of cryoprecipitate to Leyte.

The Western Samar chapter of PRC mobilized its volunteers to support in gathering data with the view of supplementing the effort of health authorities in monitoring cases of dengue. Red Cross volunteers are also disseminating information on dengue, including by providing room-to-room lectures at different sentinel schools.

Northern Mindanao (Region X)

The Bukidnon chapter of the National Society has conducted clean-up drives and information dissemination in six barangays of Malaybalay City to the benefit of 476 households. The chapter is continuously monitoring number of cases in the province. Additionally, it has intensified blood donor recruitment, combining information dissemination [about dengue] with mobile blood donation drives and various training. It is also coordinating with the Mindanao regional blood centre for its platelet concentrate needs.

The Misamis Oriental chapter mobilized its health response team to augment efforts by authorities to validate cases of dengue and related deaths in Misamis Oriental and Cagayan de Oro City. Chapter volunteers intensified the four-S campaign [search and destroy, self-protection measures, seek early consultation, and say no to indiscriminate fogging] with a particular emphasis on searching and destroying mosquito-breeding sites. The chapter also distributed IEC materials – including posters and brochures – in ten areas where a high incidence of dengue was reported in Misamis Oriental and Cagayan de Oro City.

Meanwhile, in July, the Mindanao regional blood centre received requests – for blood/blood products – from 184 dengue patients. The centre provided 476 units of platelet concentrates, 75 units of frozen plasma and nine apheresis derived platelets.

Davao Region (Region XI)

PRC's Davao City chapter has conducted information dissemination in various affected areas, reaching 989 families as of 17 July 2010. Information dissemination activities continue. The chapter has also intensified recruitment of blood donors [to ensure availability of blood in its BSF] as it undertakes continuous monitoring of dengue cases. In addition, it is receiving dengue fever patients referred from Davao del Sur to provide their platelet concentrate needs.

On its part, the Davao del Sur chapter of PRC worked closely with the Digos city disaster coordinating council in planning and implementing its campaign against dengue. To date, the chapter's information dissemination activities – which include distribution of leaflets and posters – have reached 3,650 households in Digos City. The chapter has also intensified recruitment of blood donors; on 25 July 2010, it organized a mobile blood donation activity at Igpit, in Digos City. In addition, the chapter is monitoring the number of dengue cases and facilitating referral of patients with platelet concentrate needs to the Davao City chapter. From January to 23 July 2010, at least 80 patients had been assisted with 25 units of platelet concentrate and 149 units of fresh frozen plasma.

IFRC Philippine country office

The IFRC country office will support PRC in producing additional IEC materials, in print and audiovisual formats. Furthermore, its water and sanitation team [which is assisting in implementing [Emergency Appeal MDRPH005](#) operation] is supporting PRC in undertaking hygiene promotion activities in areas affected by Typhoon Ketsana in 2009. Dissemination of information on dengue forms an integral part of this hygiene promotion project. As such, families assisted with transitional shelters in Laguna and Pangasinan – which have also reported cases of dengue – will be reached with dengue awareness messages. The second phase of the project should start after beneficiary families have completed constructing their homes and have moved in.

Annex 1: Frequently Asked Questions on Dengue [<click here to view>](#)

Annex 2: Poster on Dengue [<click here to view>](#)

How we work

All International Federation assistance seeks to adhere to the [Code of Conduct for the International Red Cross and Red Crescent Movement and Non-Governmental Organizations \(NGOs\) in Disaster Relief](#) and the [Humanitarian Charter and Minimum Standards in Disaster Response \(Sphere\)](#) in delivering assistance to the most vulnerable.

The IFRC's vision is to inspire, encourage, facilitate and promote at all times all forms of humanitarian activities by National Societies, with a view to preventing and alleviating human suffering, and thereby contributing to the maintenance and promotion of human dignity and peace in the world.

The IFRC's work is guided by [Strategy 2020](#) which puts forward three strategic aims:

1. Save lives, protect livelihoods, and strengthen recovery from disaster and crises.
2. Enable healthy and safe living.
3. Promote social inclusion and a culture of non-violence and peace.

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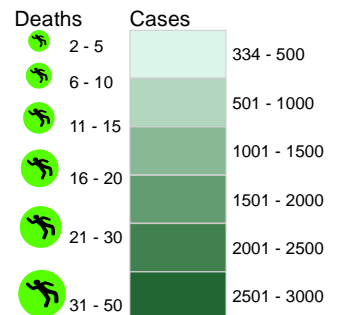
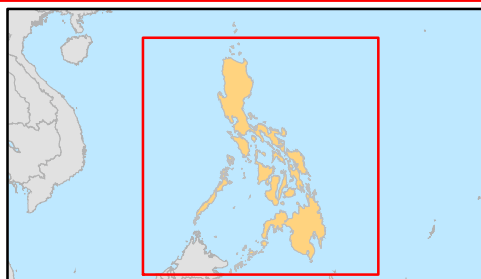
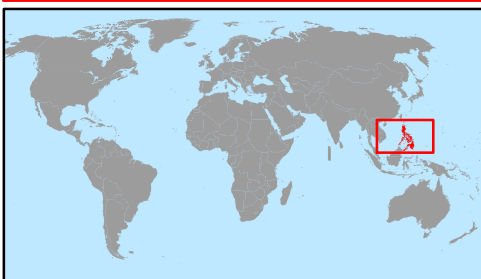
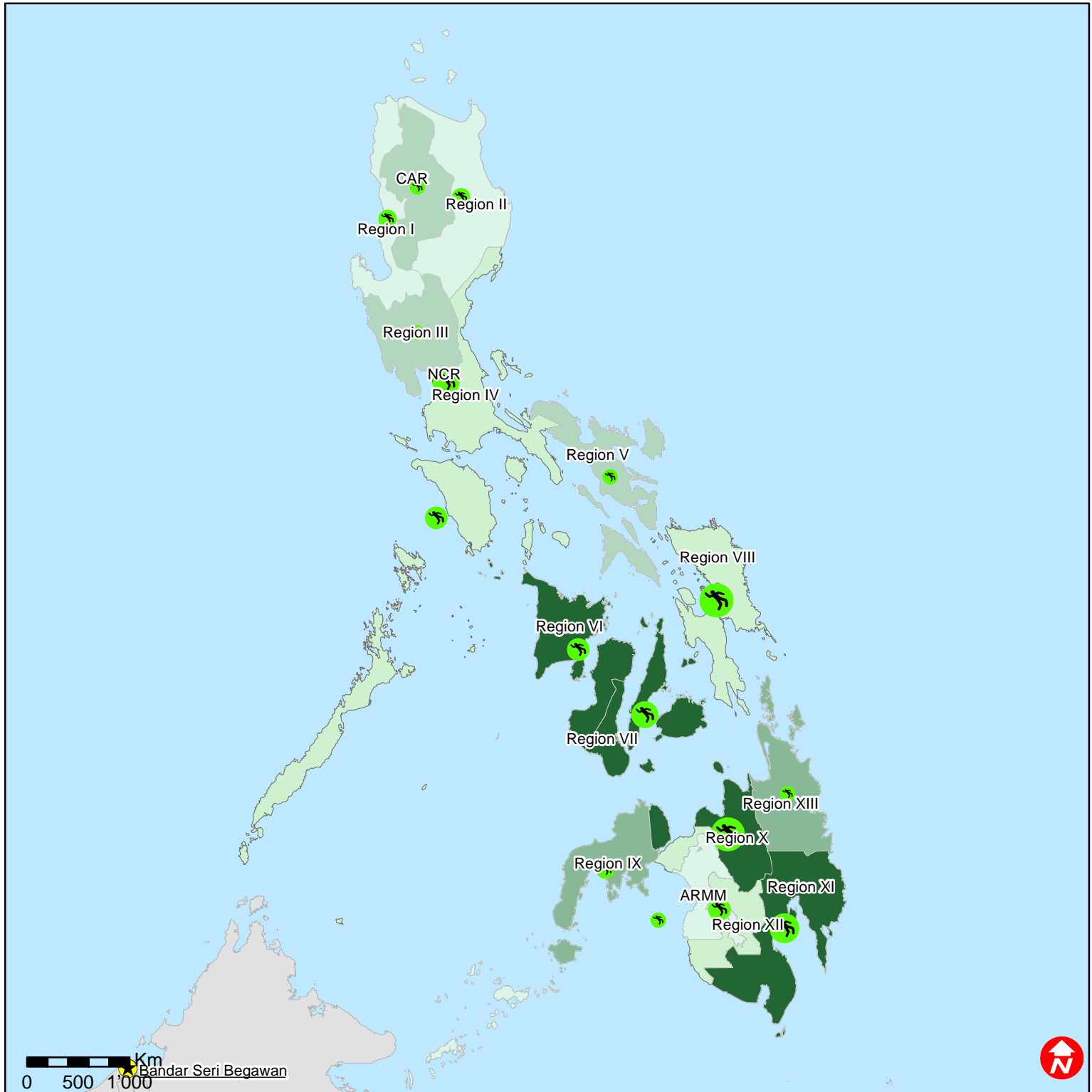
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[<map and annexes below; click here to return to the title page>](#)



The Philippines: Dengue



The maps used do not imply the expression of any opinion on the part of the International Federation of the Red Cross and Red Crescent Societies or National Societies concerning the legal status of a territory or of its authorities.

Map data sources: ESRI, DEVINFO, GRUMP, International Federation, UNISYS - MDRPH003.mxd

FREQUENTLY ASKED QUESTIONS ON DENGUE

What Is Dengue?

- Dengue is an infection that causes a severe influenza-like illness, and sometimes a deadly complication called dengue haemorrhagic fever.

How can I get Dengue?

- Dengue is spread by the bite of a mosquito, *Aedes Aegypti*. Mosquitoes that spread dengue live in and around houses. Dengue mosquitoes breed in clean, still water. Dengue mosquitoes usually bite during the daytime.

What are the signs and symptoms of Dengue?

- Sudden onset of high fever which may last 2 to 7 days
- Joint and muscle pain
- Weakness
- Skin rashes / red tiny spots on the skin
- Nosebleeding when fever starts to subside
- Vomiting of coffee-colored matter
- Dark colored stools

What should I do if I have identified the said signs and symptoms?

- Any person suspected of having signs of dengue requires immediate referral to a health centre. Early referral and treatment can prevent death.
- Do NOT give aspirin or ibuprofen to treat pain and fever. This could make the person worse if they are bleeding (internally or externally).
- Give the person plenty of fluids to drink.

What is the treatment for Dengue?

- There is no vaccine to protect from getting dengue. There is no specific treatment for dengue fever.
- All persons with suspected signs of dengue should be referred to a health centre immediately.

How can we prevent Dengue?

- The most effective way of preventing dengue is to avoid mosquito bites and eliminate mosquito breeding.
 - Cover water drums and water pails at all times to prevent mosquitoes from breeding.
 - Replace water in flower vases once a week.
 - Clean all water containers once a week. Scrub the sides well to remove eggs of mosquitoes sticking to the sides.
 - Clean gutters of leaves and debris so that the rain water will not collect as breeding places of mosquitoes.
 - Old tires used as roof support should be punctured or cut to avoid accumulation of water.
- Protect yourself from mosquito bites at all times.
 - Sleep under a mosquito net, even during daytime.
 - Use personal protective measures from mosquito bite like wearing long sleeves and long pants / pajamas, applying mosquito repellants.

STOP DENGUE



LIVE CLEAN



FOR ANY SIGNS OF DENGUE
CONSULT A DOCTOR OR THE
NEAREST HEALTH CLINIC

CLEAR OUT ALL MOSQUITO BREEDING GROUNDS



OLD TIRES, JARS,
CANS, BOTTLES



GUTTERS,
DRAINAGE



COVER ALL WATER
VESSELS



REPLACE WATER
IN VASES

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