



COMMON SUMMER DISEASES IN THE PHILIPPINES

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The summer season in the Philippines brings not only warmth and sunshine but also a higher risk of certain diseases. This guide provides information on common summer diseases, their symptoms, prevention, and basic first aid.

Common Diseases

1. Dengue Fever

Symptoms

Prevention

A mosquito-borne viral illness. Symptoms include high fever, severe headache, joint and muscle pain, nausea, vomiting, and skin rash.

Eliminate mosquito breeding sites, use mosquito repellent, wear protective clothing, and seek medical attention immediately if symptoms appear.

2. Heatstroke

Symptoms

Prevention

A severe form of hyperthermia where the body temperature rises to 40°C or higher. Symptoms include high body temperature, absence of sweating, rapid heartbeat, headache, dizziness, nausea, confusion, and seizures.

Avoid prolonged exposure to heat, stay hydrated, wear light and loose-fitting clothing, and seek immediate medical help if heatstroke is suspected.

3. Sore Eyes (Conjunctivitis)

Symptoms

Prevention

Sore eyes, often caused by conjunctivitis (pink eye), can manifest as redness, itchiness, a gritty feeling, and watery or discharge-filled eyes. Some may experience a feeling of sand in the eye or a sticky coating on the eyelashes. Other symptoms can include pain, light sensitivity, and swollen eyelids.

Avoid touching or rubbing your eyes with dirty hands. Do not share towels, handkerchiefs, or personal items.

4. Typhoid Fever

Symptoms

Prevention

A bacterial infection caused by *Salmonella Typhi*. Symptoms include high fever, headache, abdominal pain, constipation or diarrhea, and rose-colored spots on the chest.

Practice good hygiene, drink safe water, cook food thoroughly, and get vaccinated if traveling to typhoid-prone areas.

5. Measles (Tigdas)

Symptoms

Prevention

A highly contagious viral disease. Symptoms include fever, cough, runny nose, red, watery eyes, and a characteristic skin rash.

Vaccination (MMR vaccine) is the best way to prevent measles.

General Prevention Tips

- **Stay Hydrated:** Drink plenty of water throughout the day.
- **Practice Good Hygiene:** Wash your hands frequently with soap and water.
- **Cook Food Thoroughly:** Ensure food is properly cooked and stored.
- **Avoid Stagnant Water:** Eliminate mosquito breeding sites.
- **Use Insect Repellent:** Protect yourself from mosquito bites.
- **Stay Informed:** Keep up-to-date with health advisories from local authorities.

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With over 25 years of expertise, Metrocare is proud to protect and promote the health of Filipino workers through comprehensive healthcare programs designed for their needs. Our preventive health initiatives, accessible network of healthcare providers, and commitment to affordability reflect our core values: honesty, efficiency, and service with heart.

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