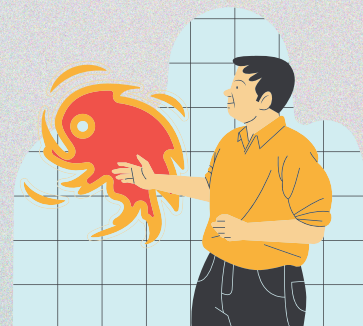




**METROCARE**  
Health Systems Incorporated



# STAY SAFE DURING STORMS: PROTECT YOUR HEALTH THIS TYPHOON SEASON



**Typhoon Season in the Philippines brings strong rains, floods, and increased health risks.**

Many communities, especially in **low-lying areas** in Laguna and Metro Manila, face dangers such as **leptospirosis**, waterborne diseases (*sakit mula sa maruming tubig*), and accidents caused by slippery roads and fallen wires.

**Let's prepare early to stay healthy and safe.**

## What is Leptospirosis?

Leptospirosis is a serious infection caused by bacteria found in dirty floodwaters, especially water with rat urine (ihi ng daga). It can enter the body through open wounds (sugat), eyes, nose, or mouth.

## Symptoms of Leptospirosis

- High fever (mataas na lagnat)
- Muscle pain (pananakit ng kalamnan)
- Headache (sakit ng ulo)
- Red eyes (pamumula ng mata)
- Yellow skin or eyes (paninilaw ng balat o mata)
- Vomiting or diarrhea (pagsusuka o pagtatae)

**If not treated, leptospirosis can cause kidney failure (pagpalya ng bato), liver damage (sira sa atay), or even death.**

## How to Prevent Leptospirosis and Other Illnesses During Flooding

### Avoid Wading in Floodwater

(Iwasang lumusong sa baha)

- If unavoidable, wear boots or plastic protection.
- Wash feet and legs with clean water and soap afterward.

### Cover Wounds

- Use waterproof bandages to avoid infection if you have to go outside.
- Clean any cut immediately with soap and clean water.

### Boil Drinking Water

- Floods can contaminate (*makontamina*) water sources.
- If unsure, boil for at least 5–10 minutes before drinking.

**Wash Fruits and Vegetables Thoroughly**

- Dirty water can carry bacteria.
- Cook vegetables properly before eating.

**Dispose of Garbage Properly**

- Do not let trash clog drains and cause more flooding.
- Garbage also attracts rats — the main cause of leptospirosis.

## Other Safety Reminders During Storms

- Charge phones, flashlights, and prepare emergency supplies.
- Avoid touching electrical outlets or wires when wet.
- Stay indoors and monitor weather updates from authorities.

## When to See a Doctor

- If you have fever and muscle pain after walking in floodwater
- If symptoms of leptospirosis appear within 2–14 days after flood exposure
- If you notice yellowing of the skin or eyes

**Leptospirosis needs quick treatment — go to a clinic or hospital immediately.**

If you're covered by **Metrocare**, visit any of our partner clinics or hospitals for consultation and support. Our goal is to keep you healthy and safe all year round.

## Metrocare: Your Partner in Healthcare

At **Metrocare Health Systems, Incorporated**, we understand the unique challenges that Filipinos face in staying healthy. As a trusted HMO serving workers across industries — especially contractual, project-based, and blue-collar workers — our mission is to deliver **accessible, affordable, and quality healthcare** solutions.

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.

Secure Their Health. Protect Your Peace of Mind. **Choose Metrocare.**



[www.metrocarehealth.com](http://www.metrocarehealth.com)



Disclaimer: This information is for general knowledge and informational purposes only, and does not constitute medical advice. It is essential to consult with a qualified healthcare professional for any health concerns or before making any decisions related to your health or treatment.