



SPECIAL MEDICAL BULLETIN: INFLUENZA AND OTHER RESPIRATORY ILLNESSES ON THE RISE

October 2025



Hospitals and clinics across the Philippines are reporting an increase in cases of **influenza** (trangkas) and other **acute respiratory infections** (mga impeksyon sa paghinga). These illnesses are spreading more rapidly due to the onset of cooler weather, unpredictable rain patterns, and the return of face-to-face work and school activities.

“September is the start of the influenza-like illness up to the early part of January in the Philippines. This is not new. This is expected”

— Dr. Rontgene Solante

<https://newsinfo.inquirer.net/2124468/increase-in-influenza-like-cases-not-new-expert>

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Common Illnesses Seen (Karaniwang Karamdaman na Nakikita)

1. **Influenza (Trangkas)** – Caused by influenza viruses. Symptoms include sudden fever (lagnat), chills (panginginig), headache (sakit ng ulo), muscle pain (pananakit ng katawan), dry cough (tuyong ubo), sore throat (masakit na lalamunan), and tiredness (panghihina).
2. **Acute Respiratory Tract Infections (Matinding Impeksyon sa Paghinga)** – Includes common cold (karaniwang sipon), pharyngitis (pamamaga ng lalamunan), and bronchitis (impeksyon sa baga). Usually viral (dulot ng virus) but may lead to bacterial infection.
3. **Pneumonia (Pulmonya)** – A more serious infection of the lungs causing high fever (mataas na lagnat), cough with phlegm, and chest pain.
4. **COVID-19 and Other Viral Illnesses (Iba pang sakit dulot ng virus)** – Still present in the community but generally at low levels.

Preventive Measures (Mga Paraan ng Pag-iwas)

- **Get vaccinated (magpabakuna)** against influenza every year.
- **Wash hands (maghugas ng kamay)** regularly or use alcohol-based sanitizers.
- **Avoid close contact (iwasang lumapit)** to people who are sick.
- **Wear masks (magsuot ng mask)** in crowded areas.
- **Keep air flowing (magpatuloy ng bentilasyon)** in rooms and workplaces.
- **Stay home (manatili sa bahay)** if you feel unwell to prevent spreading illness.

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DOH reminds the public that while there is an uptick in flu cases, “there is no outbreak (hindi ito outbreak o malawakang pagkalat ng sakit).”

— DOH Spokesperson Albert Domingo, *Inquirer.net*, October 2025

<https://www.philstar.com/headlines/2025/10/13/2479590/doh-flu-illnesses-drop-precautions-sound-amid-seasonal-rise>

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When to Seek Medical Care (Kailan Dapat Magpatingin sa Doktor)

Consult a doctor if you or a family member experiences:

- High fever lasting more than three days (lagnat na higit sa tatlong araw)
- Difficulty breathing (hirap sa paghinga)
- Chest tightness or pain (paninikip o pananakit ng dibdib)
- Persistent cough (ubo na hindi nawawala)
- Weakness or confusion, especially in children or elderly (panghihina o pagkalito sa matatanda o bata)

Where to Get Checked (Saan Magpatingin)

If you develop symptoms of flu or respiratory illness as enumerated above:

1. For mild cases, visit any **Metrocare-accredited clinic** near your area.
2. For severe cases or emergencies, **proceed to the nearest Metrocare-accredited hospital (malapit na Metrocare-Accredited ospital).**

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.

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

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