



METROCARE
Health Systems, Inc.

Iwas-Sakit sa Tag-Init: Summer Safety Bulletin



April 2026

April marks peak summer in the Philippines. Hot weather increases the risk of **summer-related diseases (mga sakit sa tag-init)**, especially for workers exposed to outdoor heat, long travel hours, crowded areas, and limited access to clean water. This bulletin explains common summer illnesses and shares simple steps to prevent them.

Common Summer Diseases and How to Prevent Them

1. **Diarrhea and Foodborne Illness** (Pagtatae at Sakit sa Sirang Pagkain)

Hot weather makes food spoil faster, increasing the chance of bacterial contamination (pagdami ng bakteryá).

Signs and Symptoms:

- Loose stools (malambot o matubig na dumi)
- Stomach pain (sakit ng tiyan)
- Vomiting (pagsusuka)
- Dehydration (panunuyo at panghihina)

How to Prevent:

- Drink safe and clean water (malinis na tubig).
- Avoid food exposed to heat or left outside for long periods.
- Wash hands before eating.
- Choose fresh meals for baon.

2. **Sore Eyes or Conjunctivitis** (Pulang Mata / Impeksyon sa Mata)

Easily spreads in crowded places and workplaces.

Signs and Symptoms:

- Red eyes (pamumula)
- Itching (pangangati)
- Tearing (pagluha)
- Light sensitivity (ayaw sa liwanag)

How to Prevent:

- Avoid touching your eyes.
- Wash hands frequently.
- Do not share towels or personal items.
- Use protective eyewear if exposed to dust.

Simple Summer Safety Tips for Workers



Drink Water Regularly



Store food properly



Practice good hygiene



Protect Your Skin and Eyes



Rest when needed



Inform Your Supervisor if You Feel Unwell

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, Inc.**, we understand the everyday health challenges that many Filipinos face. As a trusted HMO serving workers across industries, especially contractual, project-based, and blue-collar employees, our mission is to provide healthcare that is accessible, affordable, and reliable.

With over 25 years of expertise, Metrocare continues to protect and promote the well-being of Filipino workers through healthcare programs designed around their real needs. Our preventive health efforts, our accessible network of facilities, and our commitment to honest and efficient service reflect our goal to support every member with genuine care.

This is the kind of care we offer. **Alagang Metrocare.**



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.