



**METROCARE**  
Health Systems, Inc.

# Iwas-Lamok, Iwas-Sakit: Dengue Awareness Bulletin

May 2026



As the rainy season begins, cases of **dengue** and **water-borne diseases (mga sakit na nakukuha sa maruming tubig)** often increase. Workers who commute daily, work outdoors, or are exposed to stagnant water are at higher risk. This bulletin shares the early signs, common risks, and simple ways to prevent these illnesses.

## What is Dengue?

Dengue is a viral infection spread by the **Aedes mosquito** (lamok na tagadala ng dengue), which bites during the day. It can cause fever and dangerous complications if untreated.

## Signs and Symptoms of Dengue

- Sudden high fever (biglaang mataas na lagnat)
- Severe headache (matinding sakit ng ulo)
- Pain behind the eyes (sakit sa likod ng mata)
- Joint and muscle pain (pananakit ng kasu-kasuan at kalamnan)
- Skin rashes (pamumula o rashes)
- Persistent vomiting (tuloy-tuloy na pagsusuka)
- Bleeding gums or nose (pagdurugo ng ilong o gilagid)

Seek medical care immediately if symptoms appear.

## How to Prevent Dengue



Remove Stagnant Water



Use Mosquito Protection



Keep Surroundings Clean



Install or Repair Window Screens



Participate in Community Clean-Up



Report Fever Early

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.**



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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.