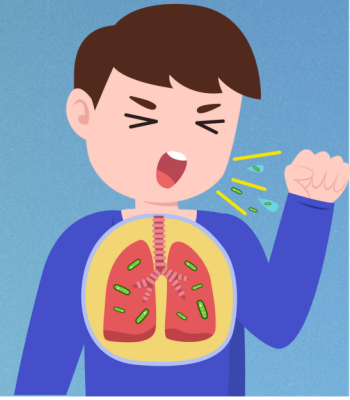




METROCARE
Health Systems, Inc.

Ubo Alert: Guide to Respiratory Safety

June 2026



June marks the start of cooler rainy days that increase the spread of **respiratory infections (mga impeksyon sa paghinga)**. These illnesses can affect workers through crowded transportation, shared workspaces, exposure to dust, and changing weather. Early prevention helps reduce sick days and keeps the workplace safe and productive.

This bulletin explains common respiratory illnesses, their signs, and how to prevent them.

Common Respiratory Infections

1. **Common Cold** (Sipon)

A mild infection caused by viruses.

Symptoms: runny nose (tumululong sipon), sore throat (masakit ang lalamunan), mild fever.

2. **Influenza / Flu** (Trangkaso)

A more serious viral infection.

Symptoms: high fever, body aches (pananakit ng katawan), severe cough, fatigue (panghihina).

3. **Acute Bronchitis** (Impeksyon sa Baga)

Inflammation of airways due to infection or dust exposure.

Symptoms: persistent cough (paulit-ulit na ubo), chest discomfort, mild fever.

4. **Pneumonia** (Pulmonya)

A serious lung infection that needs medical care.

Symptoms: difficulty breathing (hirap huminga), chest pain while breathing, high fever, chills.

How Respiratory Infections Spread

Respiratory illnesses spread through:

- Droplets (patak ng laway) from coughing or sneezing
- Touching contaminated surfaces (maduming hawakan)
- Crowded areas and poor ventilation (masisikip at kulob na lugar)

Six Prevention Habits for Workers



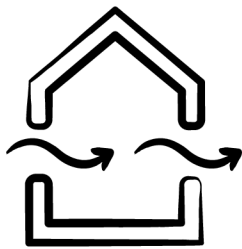
Practice Proper Handwashing



Cover Your Mouth When Coughing or Sneezing



Wear a Mask in Crowded or Dusty Areas



Improve Airflow at Work



Stay Hydrated and Rest Well



Seek Medical Care for Persistent Symptoms

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.