



PROJECT KALINGA

ADSD. CSO MEDICAL SERVICES BULLETIN 002. 2023-2024

27 July 2023

FOR : **Lasallian Partners and Parents**

RE : **INTERIM GUIDELINES ON HEALTH & SAFETY AND UPDATED PROCEDURE ON SECURING A RETURN TO SCHOOL MEDICAL CLEARANCE**

DLSZ reverted back to full **FACE-TO-FACE** modality since 10 July 2023 thus we are releasing an updated procedure for the issuance of the **Return to School Medical Clearance** prior to reporting back to school.

PROCEDURES:

- A. **Prior to reporting back to class or offices:** All those who recovered from an illness and are returning from absence are requested to proceed to the clinic for proper assessment and physical exam. If you are deemed well and fit to return to class or work, the school physician on duty will issue a Return to School Medical Clearance, which is a prerequisite before you will be allowed to join your colleagues or classmates. For employees, you must present your clearance to your immediate head for signing then submit the signed copy to HRMOD for reference. For students, the clearance must be submitted to the class adviser.

- B. **Conditions for those who are absent from class or work:** Even if clearances will now be issued in-person, all those who will be absent due to **medical conditions** are still encouraged to inform the clinic via email at cs0-medical@dlszobel.edu.ph. Kindly indicate your department or your child's grade and section, the reason for absence, and the date the illness started. You may also opt to attach pertinent documents like laboratory test results and medical certificates in your email for our reference. Appropriate instructions and recommendations coming from the medical team, if necessary, will also be sent via email.

We encourage everyone to get their COVID-19 second booster as soon as possible since DOH is now giving the third booster, which is bivalent, to healthcare workers and will soon be made available to the general public. If you do not have a 2nd booster, you will not be given the bivalent 3rd booster shot.

REMINDERS:

- A. Wearing of face masks is:
 1. **MANDATORY** - While inside ALL school clinics.
 2. **HIGHLY RECOMMENDED** (especially in crowded or poorly ventilated public spaces)
 - For those with fever, with or without respiratory symptoms. But more than anything else, **PLEASE STAY HOME**. Those who are already in school will likewise be sent home immediately.



- For those with recent exposure to a confirmed COVID-19 case, regardless of vaccination status, while doing self-monitoring for 10 days (may go to school provided you are fully asymptomatic).
- For those who are pregnant, immunocompromised, or with co-morbidities.
- For those who are unvaccinated and partially-vaccinated against COVID-19.

B. When to STAY HOME (ISOLATE)?

When you feel unwell or you have any symptoms, with or without associated fever, unless proven otherwise.

RT-PCR Testing remains the gold standard in detecting the presence of the genetic material of COVID-19 virus and is highly recommended for those experiencing the aforementioned symptoms, ideally within the first 3 days from onset of the first symptom. Those who opt to do a home-administered Rapid Antigen Test (RAT) in lieu of an RT-PCR test, a positive test is already considered confirmed and would warrant isolation.

C. UPDATED ISOLATION PROTOCOLS

The table presents the **Updated Isolation Protocols following the lifting of the Public Health Emergency throughout the Philippines due to COVID-19 through Proclamation No. 297 last 21 July 2023.**

Asymptomatic close contact exposed to COVID-19 Confirmed individual	<ul style="list-style-type: none"> ● No need to quarantine; and ● Wear a well-fitted face mask for 10 days.
Asymptomatic but COVID-19 Confirmed case	<ul style="list-style-type: none"> ● Home isolation for 5 days <u>OR</u> until afebrile/fever-free for at least 24 hours without using antipyretics (e.g., Paracetamol) and with improvement of respiratory symptoms, whichever is earlier, and ● Wear a well-fitted face mask for 10 days.
COVID-19 Confirmed case with MILD symptoms OR individuals with acute respiratory symptoms	<i>Note:</i> Isolation may be shortened upon the advice of your healthcare provider.
COVID-19 Confirmed case with MODERATE to SEVERE symptoms, OR Immunocompromised	<ul style="list-style-type: none"> ● Isolation for at least 10 days from onset of signs and symptoms following advice of the attending physician, including whether to be admitted in a healthcare facility; and ● Wear a well-fitted face mask for 10 days. <p><i>Note:</i> For severe disease and immunocompromised, discontinue isolation only upon the advice of your healthcare provider.</p>



De La Salle Santiago Zobel School

Ayala Alabang Village, Muntinlupa City, Philippines 1780 • Tel. No.: 8771-DLSZ • Website: www.dlszobel.edu.ph



As with all other diseases, consultation with your healthcare provider is advised most especially if presenting with moderate to severe symptoms. A repeat testing (showing a negative COVID-19 test) is not required for resumption of work or entrance to school.

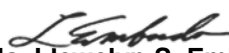
- D. For absences of **at least two (2) days**, either due to non COVID-related illnesses or those with negative COVID-19 testing, we would require submission of a **medical certificate** to the clinic via email prior to return to school, clearly stating the diagnosis or the reason for absence and if already fit to return on-site.


Thank you and we are hoping for everyone's strict compliance and adherence to protocols.

Prepared by:


Dr. Joana Marie P. Meneses
Medical Consultant

Noted by:


Ms. Llewelyn S. Embudo
Campus Services Office Head


Ms. Maria Teresa L. Castañeda
Administrative Services Director