

De La Salle Santiago Zobel School

Alabang Campus - Ayala Alabang Village, Muntinlupa City, 1780
Vermosa Campus - Vermosa, Pasong Buaya II, Imus City, Cavite, 4103
+632-8771-DLSZ
www.dlszobel.edu.ph



ASD.CHSS. CLINIC BULLETIN 06. 2026-2027

July 10, 2026

TO: Parents/Guardians, Lasallian Partners, and Students

RE: **HEALTH BULLETIN – Increase in Flu-like Illnesses and Viral Infections**

The school clinics have recently noted a noticeable increase in consultations for **flu-like illnesses**, commonly presenting with cough, colds, sore throat, body aches or fatigue, with or without fever.

In addition, through our consultations with our trusted clinics and hospital affiliations, we have also observed an increase in cases of **Herpangina**, a viral illness characterized by sore throat, with blister-like lesions at the back of the mouth and throat. The same group of viruses that causes Herpangina may also cause **Hand-Foot-and-Mouth Disease (HFMD)**. Unlike Herpangina, HFMD typically presents with characteristic rashes or blisters on the palms of the hands, soles of the feet, and around the mouth, in addition to the sores/ulcers on the tonsils, soft palate, and uvula.

Please be reminded of the following:

- Students who develop fever, cough, colds, sore throat, visible mouth lesions, or unexplained rashes while in school should be referred to the school clinic for assessment.
- If you or your child are already feeling unwell at home, or have mouth sores, blister-like lesions, or rashes, please **remain at home** until fully recovered before returning to school.
- Practice frequent handwashing, observe proper cough and sneeze etiquette, wear a mask when experiencing respiratory symptoms, and avoid sharing eating utensils, drinking bottles, and other personal items.
- Eat healthy, drink more fluids, and make sure to have adequate rest.
- **Upon returning to school after an illness, all students and Lasallian Partners are required to visit the school clinic for a brief medical assessment and the issuance of a medical clearance before resuming classes or work.**

We encourage all students, parents/guardians, and Lasallian Partners to remain vigilant and help prevent the spread of these viral illnesses.

De La Salle Santiago Zobel School

Alabang Campus - Ayala Alabang Village, Muntinlupa City, 1780
Vermosa Campus - Vermosa, Pasong Buaya II, Imus City, Cavite, 4103
+632-8771-DLSZ
www.dlszobel.edu.ph




For any queries or clarifications, please feel free to contact the school clinics through clinic@dlszobel.edu.ph.

Let's continue working together to keep our Lasallian community healthy and safe.

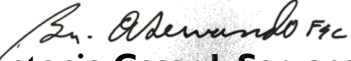
In St. La Salle,


Joana Marie P. Meneses, MD
Medical Team Consultant

Noted by:


Ms. Julie D. Agudo
Campus Health, Safety and Security Office Head

Approved by:


Br. Antonio Cesar J. Servando FSC
Administrative Services Department Director