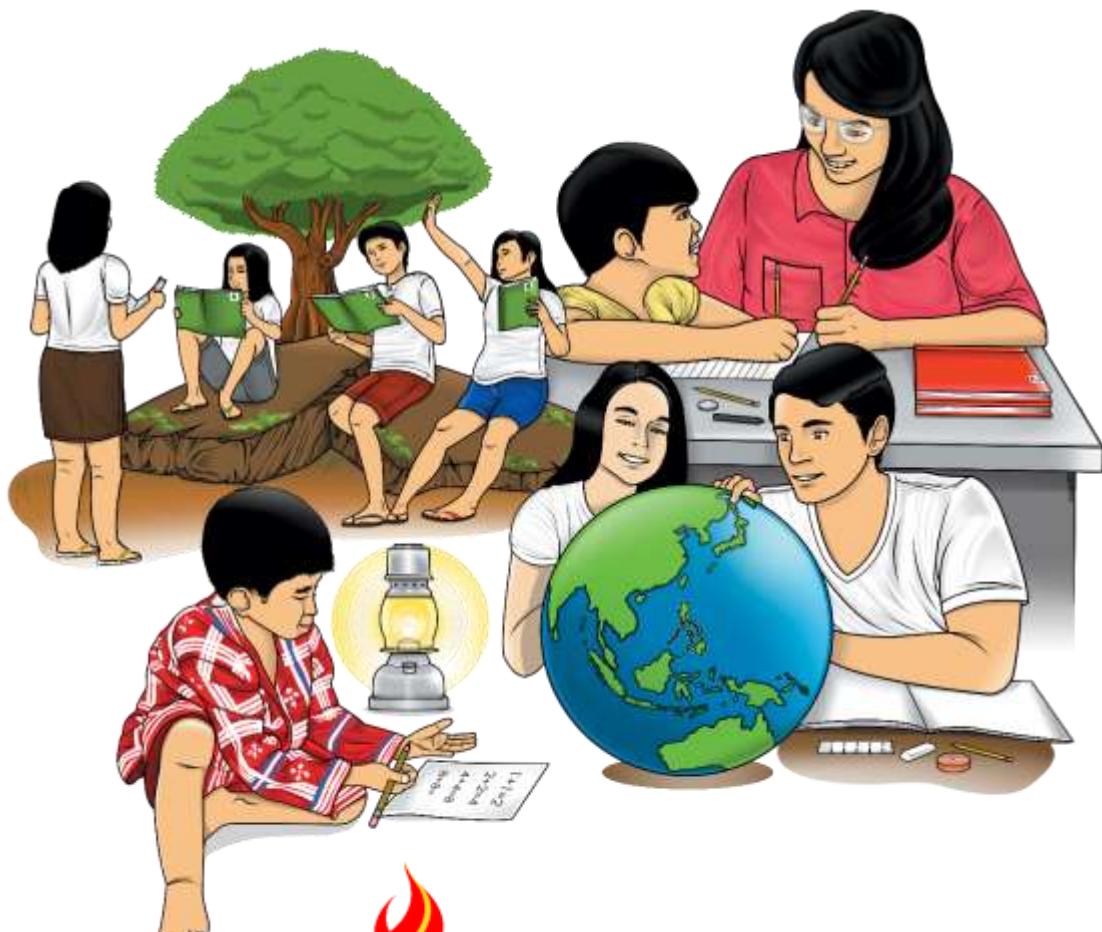


Health

Quarter 3- Module 6:

Yes to Health



Health – Grade 8

Alternative Delivery Mode

Quarter 3 – Module 6: Yes to Health

First Edition, 2020

Republic Act 8293, section 176 states that: No copyright shall subsist in any work of the Government of the Philippines. However, prior approval of the government agency or office wherein the work is created shall be necessary for the exploitation of such work for a profit. Such agency or office may, among other things, impose as a condition the payment of royalties.

Borrowed materials (e.g., songs, stories, poems, pictures, photos, brand names, trademarks, etc.) included in this module are owned by their respective copyright holders. Every effort has been exerted to locate and seek permission to use these materials from their respective copyright owners. The publisher and authors do not represent nor claim ownership over them.

Published by the Department of Education

Secretary: Leonor Magtolis Briones

Undersecretary: Diosdado M. San Antonio

Development Team of the Module

Writer: Maria Lireo L. Gubaten

Content Editors: Maria Joan Princess C. Pulido, Amor T. Ragosta

Language Editors: Ferdinand C. Elma, Jocelyn E. Plaza

Illustrator: Mark Evan G. Bernales

Layout Artists: Jaypee D. Platero, Blessy T. Soroyosoroy, Lee Lanie P. Manos

Content/Pedagogy Reviewers: Danny O. Baldos, Gelody B. Elumba

Language Reviewers: Ivy I. Naparan, Mary Grace M. Camarillo

Book Design Reviewer: Ruth C. Cuesta

Management Team: Francis Cesar B. Bringas, Isidro M. Biol Jr. Josephine Chonie M. Obseñares, Bernard C. Abellana, Maripaz F. Magno, Lorenzo O. Macasocol, Gemma A. De Paz, Lorna P. Gayol, Avalota A. Cejas, Lelani R. Abutay, Abraham L. Masendo, Jocelyn E. Plaza, Joel P. Longaquit, Philip Trillana, Narciso C. Oliveros Jr., Ofelia C. Siangco, Kim Masendo, Menerva P. Barabar

Printed in the Philippines by _____

Department of Education – Region XIII (Caraga)

Office Address: JP Rosales Avenue, Butuan City, Philippines 8600

Telefax: (085) 342-8207/ (085) 342-5969

E-mail Address: caraga@deped.gov.ph

8

**Health
Quarter 3 – Module 6:
Yes to Health**

Introductory Message

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



What I Need to Know

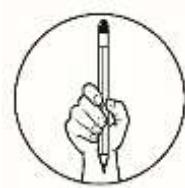
This module was designed and written with you in mind. It is here to help you master the Programs and Policies for the Prevention of Diseases. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow the standard sequence of the course. But the order in which you read them can be changed to correspond with the textbook you are now using.

The module contains:

Lesson: Programs and Policies for the Prevention of Diseases

After going through this module, you are expected to:

1. Promote programs and policies to prevent and control communicable diseases (H8DD-IIIf-h22)
 1. identify programs and policies to prevent and control communicable diseases;
 2. explain the importance of programs and policies to prevent and control communicable diseases;
 3. propose ways on how to prevent and control communicable diseases.



What I Know

Directions: Read the questions carefully then choose your answer from the given choices. Write the letter of your answer in your activity notebook.

- What do we call that viral infection that attacks the liver and can cause both acute and chronic disease?
A. Diphtheria
B. Hepatitis - B
C. Poliomyelitis
D. Tetanus
 - What acute pharyngeal or cutaneous infection is caused mainly by toxigenic strains of *Corynebacterium* species.
A. Diphtheria
B. Pertussis
C. Poliomyelitis
D. Tetanus
 - What is that potentially deadly infectious disease caused by the Poliovirus?
A. Diphtheria
B. Pertussis
C. Poliomyelitis
D. Tetanus
 - What government agency spearheads the Expanded Program of Immunization?
A. Barangay Health Centers
B. Provincial Government
C. DSWD
D. LGU
 - What highly contagious respiratory tract infection is marked by severe hacking cough?
A. Diphtheria
B. Pertussis
C. Poliomyelitis
D. Tetanus
 - Which bacteria causes Tuberculosis disease?
A. Diphtheria
B. H. Influenza bacteria
C. Poliovirus
D. *Mycobacterium tuberculosis*
 - What serious infection is caused by *Clostridium tetani*?
A. Diphtheria
B. Pertussis
C. Poliomyelitis
D. Tetanus
 - What contagious and infectious viral disease causes swelling of the parotid glands in the face?
A. Measles
B. Mumps
C. Rubella
D. Tetanus

9. What is a contagious viral disease with symptoms similar to mild measles?

 - A. Diphtheria
 - C. Rubella
 - B. Pertussis
 - D. Tetanus

10. What presidential decree was established in 1976 and was named Expanded Program of Immunization?

 - A. P.D 996
 - C. P.D. 106
 - B. P.D 986
 - D. P.D 886

11. Which is the concern of Philippine AIDS Prevention and control Act of 1988?

 - A. HIV
 - C. Malaria
 - B. TB
 - D. Dengue

12. What National Agency implements programs and policies on the prevention and control of diseases?

 - A. Department of Health
 - B. National Bureau of Investigation
 - C. Philippine Overseas Employment Administration
 - D. Philippine Statistics Authority

13. Which is not an agency that is concerned on the control and prevention of diseases?

 - A. National Bureau of Investigation
 - B. Philippine National Blood Bank
 - C. National Tuberculosis Control Program
 - D. Philippine National Kidney Institute

14. What is considered as a concrete solution to prevent the spread of communicable diseases?

 - A. Birth Control
 - C. National I.D System
 - B. Health Promotion
 - D. Social Awareness

15. Which program addresses tuberculosis problems in the country by detecting and providing cure to all forms of TB cases?

 - A. Expanded Program on Immunization
 - B. National Blood Services Act of 1994
 - C. National Tuberculosis Control Program
 - D. Philippine Malaria Information

**Module
6**

Programs and Policies for the Prevention of Diseases

As humans, we are constantly facing different battles as we journey through life. Today, we are confronting the so-called epidemiologic transition, while communicable diseases continue to pose as a major threat to the populace. Thus, the Department of Health (DOH), together with other government agencies, non-government organizations, private sectors and partners from the international community, initiated programs and projects to curb these threats to the nation's health.

This module will help you understand the government thrusts in preventing and controlling the spread of communicable diseases.



What's In

In the previous module, you have learned about the different skills in disease prevention. Try this fun way of remembering the most important steps to avoid getting sick.

Activity: I Whack Germs!

Directions: Fill in the missing letters to complete the word. Write your answer in your activity notebook.

1. (I _ M _ N _ Z _ _ _ O N) is important to protect you from diseases.
2. (W _ _ H) your hands often with soap and water.
3. (H _ M _) is where you stay when you are sick or not feeling well.
4. (A _ _ I _) touching your eyes, nose, and mouth especially when you are sick.
5. (C _ _ E _) your mouth when you coughs and sneezes so you do not spread germs to others.
6. (K _ _ P) your distance from sick people so you don't get sick too

Activity 2

Directions: Answer the following questions briefly. Write your answer in your activity notebook.

1. How can good health practices be helpful in preventing the spread of diseases?

.

2. How can our government protect the people from life-threatening diseases?

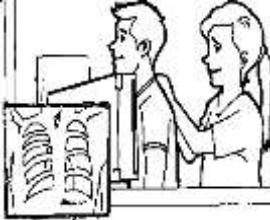
.

What's New

Activity 1

Directions: Arrange the scrambled letters to reveal the types of health workers who play a big role in the prevention and control of communicable diseases. Give a short description of their duties and functions. Then answer the question that follow comprehensively. Write your answers in your activity notebook.

Picture	Scrambled Letters	Health Workers	Duties and Functions
 1.	U S N R E	<u>NURSE</u>	Trained to provide care for sick people
 2	I F D M I W E		

		R D C O T O		
3.		O R C L I A D I O G TOLIGEHNCOST		
4.		M C L E D I A T I C E H C N I A N		

Question:

1. What health-related services have you availed from the government?

Did you know that there are many health services offered in your community that are made available for free because they are subsidized by the government to ensure that your health is being protected? Yes, they are available and must be given for free.



What is It

Health promotion, as a process of empowering people to increase control over, and improve their health, is deemed as a concrete solution to prevent the spread of communicable diseases. To carry out preventive and control strategies against communicable disease, the following Programs and Policies were established:

1. **Republic Act 8504:** Philippine AIDS Prevention and Control Act of 1998 is an Act promulgating policies and prescribing measures for the prevention and control of HIV/AIDS in the Philippines.
2. The **National Blood Services Act of 1994** also known as **RA 7719** is the government's effort in ensuring a clean blood supply and to regulate blood banks. It aims to create public consciousness on the importance of blood donation in saving the lives of millions of Filipinos.
3. The **National Dengue Prevention and Control Program** of the Department of Health aims to prevent the transmission of the virus from the mosquito vector to humans, thus reducing morbidity and mortality from dengue infection.
4. The **Philippine Malaria Information System (PhilMIS)** was developed by the National Epidemiology Center of the Department of Health through the technical and financial support of WHO-AusAID RBM Project and Global Fund Malaria.
5. The **National Tuberculosis Control Program (NTP)** is the government's commitment to address tuberculosis (TB) problems in the country with the objective of detecting all forms of TB cases and providing cure to them.
6. The **Expanded Program of Immunization (EPI)** was established in 1976 through Presidential Decree 996 to ensure that infants/children and mothers would have access to vaccines recommended for their age to prevent specific diseases. The program aimed to reduce the mortality and morbidity among children 0 – 11 months. When the program was first rolled out, the vaccine preventable diseases include tuberculosis, diphtheria, tetanus, pertussis, poliomyelitis, measles and rubella. In 2011, through Republic Act No. 10152, the mandatory basic immunization now covers:
 - a. Tuberculosis – is a disease caused by bacteria called *Mycobacterium tuberculosis* which usually attack the lungs and other parts of the body. TB spreads through the air when a person with TB of the lungs or throat coughs, sneezes, or talks.

- b. Diphtheria – is an acute pharyngeal or cutaneous infection caused mainly by toxigenic strains of *Corynebacterium* species.
- c. Poliomyelitis – is a crippling and potentially deadly infectious disease caused by the poliovirus which spreads from person to person and can invade an infected person's brain and spinal cord, causing paralysis.
- d. Measles – is a viral infection that starts in the respiratory system and manifests as cough, runny nose, conjunctivitis, fever, and rash. It remains a significant cause of death worldwide, despite the availability of a safe, effective vaccine.
- e. Mumps – is a viral infection causing swelling of the parotid salivary glands in the face, and a risk of sterility in adult males.
- f. Rubella or German Measles – is a viral infection with symptoms similar to mild measles. It can cause fetal malformation if contracted in early pregnancy.
- g. Hepatitis-B – is a viral infection that attacks the liver and can cause both acute and chronic disease. The virus is most commonly transmitted from mother to child during birth and delivery, as well as through contact with blood or other body fluids.
- h. H. Influenza type B(HIB) – is an infection caused by *Haemophilus influenza* bacteria responsible for severe pneumonia, meningitis and other invasive disease almost exclusively in children aged less 5 years.
- i. Tetanus – also called lockjaw is a serious infection caused by *Clostridium tetani* that produces a toxin that affects the brain and nervous system. Symptoms include jaw cramping, muscle spasm, muscle pain or myalgia, and fever.
- j. Pertussis – is a highly contagious respiratory tract infection caused by the bacterium *Bordetella pertussis*, marked by a severe hacking cough followed by a high-pitched intake of breath that sound like “whoop”.

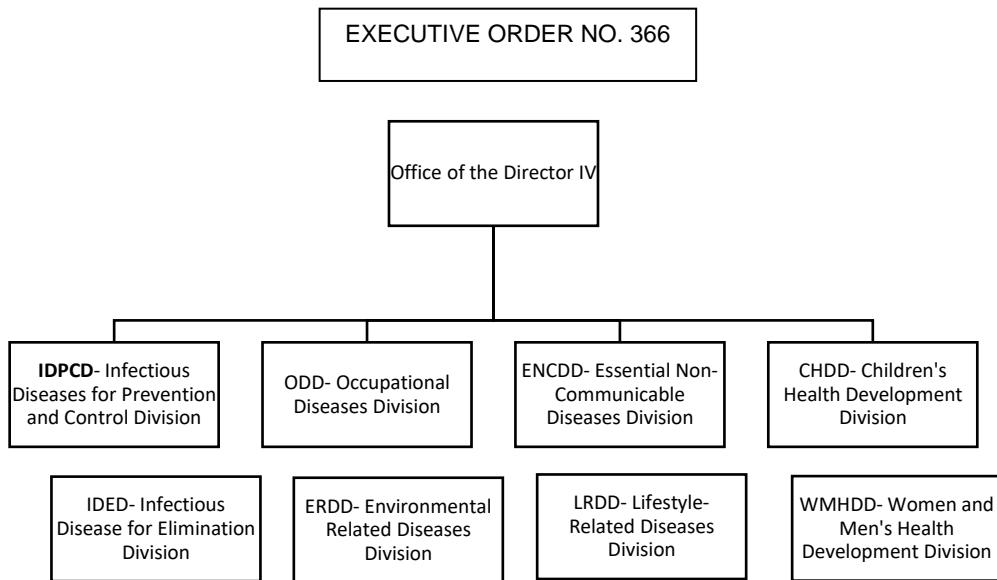
Moreover, to lead the country in the development of a productive, resilient, equitable, and people-centered health system, the Disease Prevention and Control Bureau was established. Its general functions and organizational chart are shown below.

General Functions:

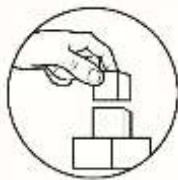
- Develop plans, policies, programs, projects and strategies for disease prevention and control and health protection.
- Provide coordination, technical assistance, capability building, consultancy and advisory services related to disease prevention and control and health protection.

Organizational Chart

DISEASE PREVENTION AND CONTROL BUREAU (DPCB)



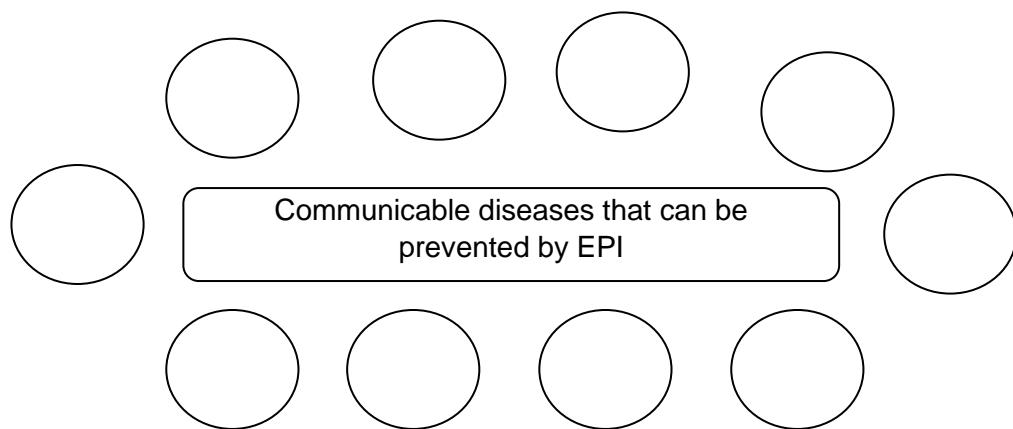
Source: Department of Health Philippines



What's More

Activity 1

Directions: Write in each circle the common communicable diseases that can be prevented by the Expanded Program on Immunization (EPI).



Activity 2

Directions: Answer the following questions briefly. Write your answer in your activity notebook.

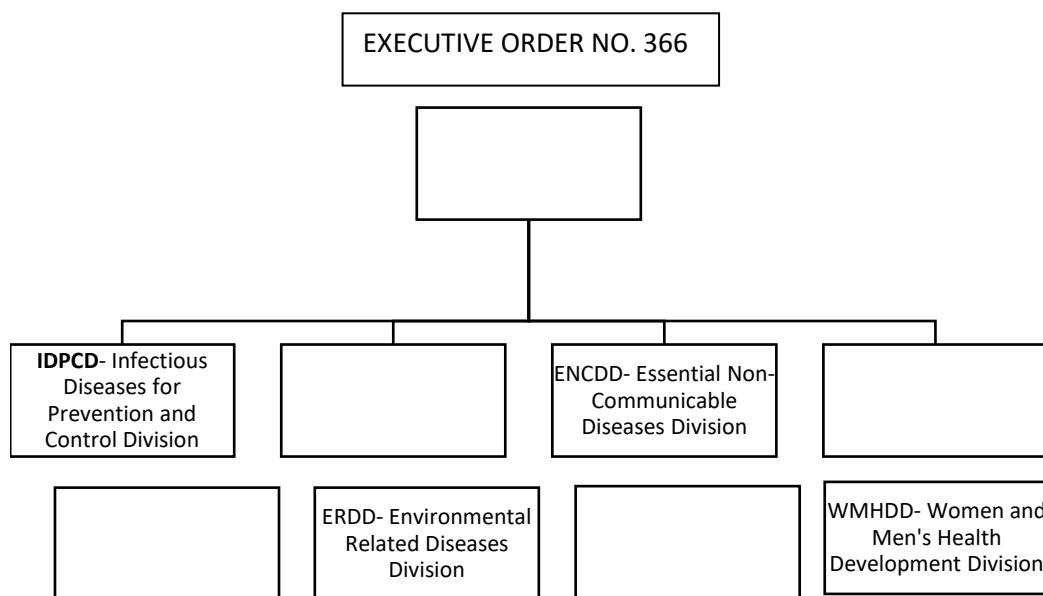
1. Why should one help prevent the spread of communicable diseases?

2. Choose one government program or policy on the prevention and control of communicable diseases and explain its importance.

3. What recommendations can you give to help prevent and control the spread of communicable diseases in your community?

Activity 3

Directions: Complete the graphic organizer to form the organizational structure of the Disease Prevention and Control Bureau (DPCB) and answer the question that follow.



1. What are the functions of the Disease Prevention and Control Bureau?

2. What is the importance of having this organized structure in carrying out the government's programs and policies to control and prevent diseases?



What I Have Learned

Activity 1

Directions: Identify the policies being described. Write your answer in your activity notebook.

- _____ 1. It addresses tuberculosis problems in the country by detecting and curing all forms of TB cases.
- _____ 2. It ensures a clean blood supply.
- _____ 3. It prevents the transmission of the virus from the mosquito vector to human thus reducing dengue infection.
- _____ 4. It is an Act that promulgates policies and prescribes measures for the prevention and control of HIV/AIDS in the Philippines.
- _____ 5. It seeks to ensure that infants/children and mothers have access to vaccines recommended for their age to prevent specific diseases.

Activity 2

Directions: Read carefully the following statements. Draw a smiley face ☺ if you agree and a sad face ☹ if you disagree. Do this in your activity notebook.

1. I need to keep my immunization records updated.
2. I support efforts of the government to enforce public health laws for immunization and reporting communicable diseases.
3. A new born child's immunization should start right after he is born.
4. Empowering people to increase control over, and improve their health is important to prevent the spread of communicable diseases.
5. Donating one's blood can save lives.



What I Can Do

Activity 1

Directions: It is time for you to make a recommendation that will help prevent the spread of communicable diseases. Choose only one among the suggested activities below

1. Make a campaign poster on the proper way of hand washing.
2. Compose a slogan about cleanliness.
3. Make a bookmark on prevention and control of communicable disease.

Rubrics will be observed for the product or output.

RUBRICS:

Advanced (26-30 points)	Proficient (21-25 points)	Approaching Proficiency (16-20 points)	Developing (11-15 points)	Beginning (6-10 points)
The student independently demonstrates the ability to create, add value and transfer his/her/their understanding to life situations in the form of products.	The student demonstrates the ability to create, add value, and transfer his/her understanding to life situations in the form of products, but the product can still stand improvement in a number of areas.	The students strive to use understanding or learning creatively in producing products.	The students show inadequacy in using understanding or learning creatively in their products.	The students show great difficulty in using understanding or learning creatively in producing products or performances.

Activity 2

Directions: Write a letter proposing and asking support from your purok/barangay officials for a program which can help prevent and control communicable diseases in your community.



Assessment

Directions: Read the questions comprehensively and choose your answer from the given choices. Write the corresponding letter of your answer in your activity notebook.

- What is that potentially deadly infectious disease caused by the Poliovirus? A. Diphtheria C. Poliomyelitis
B. Pertussis D. Tetanus
 - Which bacteria causes Tuberculosis disease?
A. Diphtheria C. Poliovirus
B. H. Influenza bacteria D. Mycobacterium tuberculosis
 - What is a contagious viral disease with symptoms similar to mild measles?
A. Diphtheria C. Rubella
B. Pertussis D. Tetanus
 - What do we call that viral infection that attacks the liver and can cause both acute and chronic disease?
A. Diphtheria C. Poliomyelitis
B. Hepatitis - B D. Tetanus
 - What presidential decree was established in 1976 and was named Expanded Program of Immunization?
A. P.D 996 C. P.D. 106
B. P.D 986 D. P.D 886
 - What government agency spearheads the Expanded Program of Immunization?
A. Barangay Health Centers C. DSWD
B. Provincial Government D. LGU
 - What acute pharyngeal or cutaneous infection is caused mainly by toxigenic strains of Corynebacterium species.
A. Diphtheria C. Poliomyelitis
B. Pertussis D. Tetanus



Additional Activities

Activity: Commitment on how I can help prevent the spread of communicable diseases.

Directions: Write your commitment in your activity notebook. Affix your signature on your work and ask your parents to read it then sign. Use the following questions as your guide.

1. As a teenager, what can I do to help the government control and prevent the spread of communicable diseases?

2. How can I help other people especially my family not to be infected by communicable diseases?



Answer Key

What I Learned	1. National Tb Control Services Act of 1994 2. National Blood Services Act of 1994 3. National Dengue Prevention and Control Program 4. Philippine AIDS Prevention and Control Act of 1998 5. Expanded Program of Immunization	Activity 1 Assessment Multiple Choice 1.C 2.D 3.C 4.A 5.B 6.D 7.D 8.B 9.C 10.A 11.A 12.A 13.A 14.B 15.C	Activity 2 What's New 1. Nurse 2. Midwife 3. Doctor 4. Radiologist 5. Medical technicians	
What I Know	Activity 1 1. Yes 2. Yes 3. Yes 4. No 5. Yes 6. Yes 7. Yes 8. Yes 9. Yes 10. Yes	Activity 2 1. C 2. D 3. C 4. B 5. A 6. A 7. A 8. D 9. B 10. B	Activity 1 1. Happy Face 2. Happy Face 3. Happy Face 4. Happy Face 5. Happy Face	Activity 1 1. Happy Face 2. Happy Face 3. Happy Face 4. Happy Face 5. Happy Face
Assessment	Activity 1 1. C 2. D 3. C 4. B 5. A 6. A 7. A 8. D 9. B 10. B	Activity 2 1. C 2. D 3. C 4. B 5. A 6. A 7. A 8. D 9. B 10. B	Activity 1 1. Happy Face 2. Happy Face 3. Happy Face 4. Happy Face 5. Happy Face	Activity 1 1. Happy Face 2. Happy Face 3. Happy Face 4. Happy Face 5. Happy Face
What I Know	Activity 1 1. B 2. A 3. C 4. A 5. B 6. D 7. D 8. B 9. C 10. A 11. A 12. A 13. A 14. B 15. C	Activity 2 1. C 2. D 3. C 4. B 5. A 6. A 7. A 8. D 9. B 10. B	Activity 1 1. Happy Face 2. Happy Face 3. Happy Face 4. Happy Face 5. Happy Face	Activity 1 1. Happy Face 2. Happy Face 3. Happy Face 4. Happy Face 5. Happy Face

References

Books

Miranda, Quennie S., Jugueta, Laura R., Sacdalan, Guinevere E., San Jose, Maria Theresa R. 2016. MAPEH Music, Arts, Physical Education and Health. Quezon City: The Phoenix Publishing House, Inc.

Mojica, Lucia A. Honing Your Skills Through MAPEH 8. Jo-es Publishing House Inc.

Online Article

Department of Health-Philippines. "Disease Prevention and Control Bureau." Accessed June 9, 2020. <https://www.doh.gov.ph/orgchart-dpcb>.

"Fast Facts: DOH's Expanded Program on Immunization," Rappler, Accessed June 9, 2020, <https://www.rappler.com/newsbreak/fast-facts/195478-doh-expanded-program-immunization-philippines>

Healthline. "Everything You Need To Know About The Measles." Accessed June 9, 2020. <https://www.healthline.com/health/measles>.

Merck Manual. "Diphtheria." Accessed June 9, 2020.
<https://www.merckmanuals.com/professional/infectious-diseases/gram-positive-bacilli/diphtheria>.

World Health Organization. "Hepatitis B." Accessed June 9, 2020.
<https://www.who.int/news-room/fact-sheets/detail/hepatitis-b>.
<https://www.healthline.com/health/measles>.

For inquiries or feedback, please write or call:

Department of Education - Bureau of Learning Resources (DepEd-BLR)

Ground Floor, Bonifacio Bldg., DepEd Complex
Meralco Avenue, Pasig City, Philippines 1600

Telefax: (632) 8634-1072; 8634-1054; 8631-4985

Email Address: blr.lrqad@deped.gov.ph * blr.lrpd@deped.gov.ph