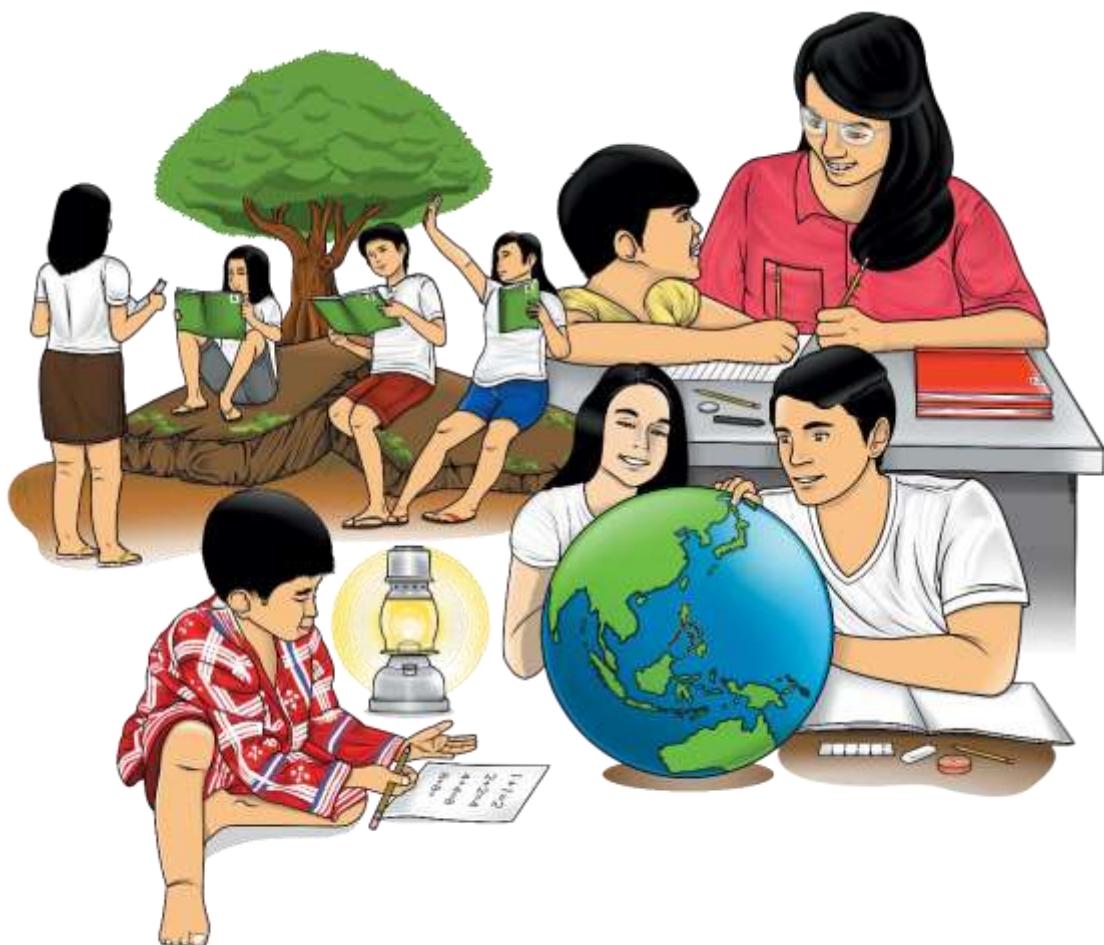


Health

Quarter 3- Module 7: Guard for Wellness



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Health – Grade 8
Alternative Delivery Mode
Quarter 3 – Module 7: Guard for Wellness
First Edition, 2020

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Health

**Quarter 3 – Module 7:
Guard for Wellness**



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

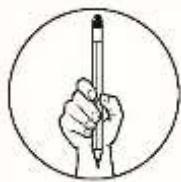
This module was designed and written with you in mind. It is here to help you master the agencies for prevention and control of communicable diseases. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. 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 1 – Agencies for Prevention and Control of Communicable Diseases

After going through this module, you are expected to:

1. Identify agencies responsible for communicable disease prevention and control (H8DD-IIIf-h23)
 - a. determine the roles of different agencies in the disease prevention and control;
 - b. express appreciation on the importance of agencies in disease prevention and control;



What I Know

Directions: Choose the most appropriate answer to each of the questions below.
Write only the letter of your choice in your activity notebook.

1. Which of the following government agencies in the Philippines primarily works on the health of the citizens?
 - a. Department of Education
 - b. Department of Health
 - c. Department of Interior and Local Government
 - d. Department of Social Welfare and Development
2. What agency is responsible for the formulation and implementation of programs in the areas of formal and non-formal instruction?
 - a. Department of Education
 - b. Department of Health
 - c. Department of Interior and Local Government
 - d. Disease Prevention and Control Bureau
3. Which of the following government agencies is mandated to develop, implement and coordinate social protection?
 - a. Department of Education
 - b. Department of Health
 - c. Disease Prevention and Control Bureau
 - d. Department of Social Welfare and Development
4. What is the agency that works on the synchronization of all efforts in disease prevention and control?
 - a. Department of Education
 - b. Department of Health
 - c. Disease Prevention and Control Bureau
 - d. Department of Social Welfare and Development
5. Which of the following government agencies is responsible for activating and ensuring that all other agencies and departments are promoting the access to basic public health services to all Filipinos?
 - a. Department of Education
 - b. Department of Health
 - c. Department of Interior and Local Government
 - d. Disease Prevention and Control Bureau

6. What does DOH stand for?
 - a. Department of Health
 - b. Department Operation on Health
 - c. Direct Operation on Health
 - d. Duties of Health
7. Which of the following agencies is responsible for ensuring public safety and strengthening the capability of Local Government Units (LGUs) to effectively deliver basic services to citizenry?
 - a. Department of Education
 - b. Department of Health
 - c. Department of Interior and Local Government
 - d. Disease Prevention and Control Bureau
8. Which of the following statements is a role of Department of Social Welfare and Development (DSWD)?
 - a. implement nutrition programs for better learning outcomes
 - b. include in the curriculum the topics and activities for quality health
 - c. mobilize the community health teams for the provision of public comprehensive health services
 - d. provide Filipino learners with sustainable holistic school health
9. Which of the following is NOT a responsibility of the Department of Education (DepEd)?
 - a. implement nutrition programs for better learning outcomes
 - b. includes in the curriculum the topics and activities for quality health
 - c. provide Filipino learners with sustainable holistic school health
 - d. provide seminars on health for community health teams
10. What is DepEd contribute to the prevention and control of communicable diseases?
 - a. It includes in the curriculum the topics and activities for quality health.
 - b. It mobilizes the community health teams for the provision of comprehensive public health services.
 - c. It provides quality health care to all Filipinos.
 - d. It provides information drive to all health workers.
11. Philippines is experiencing health crisis called COVID 19. With this, people are ordered not to go out from their homes. In order to prevent and control the increasing numbers of affected people, which government agency is responsible for formulating and implementing programs and policies to all Filipinos?
 - a. Department of Education
 - b. Department of Health
 - c. Department of Interior and Local Government
 - d. Disease Prevention and Control Bureau

12. DOH alone cannot assure that health policies and programs were implemented effectively. What other agency helps the DOH to enhance and synchronize all efforts in the prevention and control of communicable diseases?
- Department of Education
 - Department of Health
 - Department of Interior and Local Government
 - Disease Prevention and Control Bureau
13. It is mandated by the DOH that children aged below 21 years old are prohibited to go out from their homes because of COVID 19. Hence, the government discouraged face to face classes. What agency is responsible for crafting and implementing alternative delivery modes towards our children to continue their education?
- Department of Education
 - Department of Health
 - Department of Interior and Local Government
 - Department of Social Welfare and Development
14. A certain community in the municipality is suffering from the spread of communicable diseases. Which agency is accountable in providing immediate solutions to address the health problem in the community?
- Department of Education
 - Department of Health
 - Department of Interior and Local Government
 - Department of Social Welfare and Development
15. In a municipality, the LGUs provided several health programs and policies to their people. In order to assure that it is effectively and efficiently delivered, what government agency is designed to assist and help the LGU in giving sustainable health programs and policies to their constituents?
- Department of Education
 - Department of Health
 - Department of Interior and Local Government
 - Department of Social Welfare and Development

Lesson 1

Agencies for Prevention and Control of Communicable Diseases

Health promotion and disease prevention programs focus on keeping people healthy. Health promotion programs aim to engage and empower individuals and communities to choose healthy behaviors, practice preventive measures and make changes that reduce the risk of developing both communicable and noncommunicable diseases.

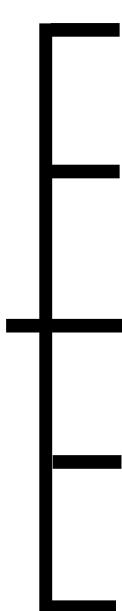


What's In

In the previous module, you have learned about the programs and policies of the government in the prevention and control of communicable diseases.

Let us see if you understand the concepts in your previous module. Using the chart below, write down the diseases that can be prevented through the programs and policies set by the government. Do this on your activity notebook.

Diseases that can be prevented through the programs and policies set by the government



Example:
Dengue – National Dengue Prevention



What's New

Activity 1. Re-ACT!

Directions: Read the information inside the box and answer the following questions comprehensively. Write your answers in your activity notebook.

REPUBLIC ACT 3573

This is an Act requires all individuals and health facilities to report notifiable diseases to national and health authorities. This measure seeks to strengthen the existing legal framework for notifiable disease surveillance and response system that will utilize evidence-based data or research in making reports in the formulation of health policies and advocacies. It is otherwise known as “An Act Providing for the Prevention and Suppression of Dangerous Communicable Diseases and for other Purposes”.

1. What is the Republic Act for?

2. Why is it important to implement this Republic Act?



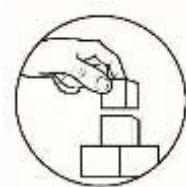
What is It

There are agencies and institutions of the government that support the relational efforts in promoting health, prevention and control of communicable diseases. The agencies are shown in the grid below.

AGENCY	DESCRIPTION	ROLES
Department of Health (DOH)	<ul style="list-style-type: none">This is the principal health agency in the Philippines. It is responsible for ensuring access to basic public health services to all Filipinos through the provision of quality health care and regulation providers of health goods and services.	<ul style="list-style-type: none">To formulate, promote and implement programs to ensure preparedness and response in anticipation to negative consequences that may result in pandemic proportions of diseases
Department of Education (DepEd)	<ul style="list-style-type: none">This is a government agency responsible for the formulation, implementation, and coordination of policies, plans, programs, and projects in the areas of formal and non-formal basic education.	<p>To promote and provide Filipino learners with sustainable holistic school health programs and the control and prevention of communicable diseases toward healthier behavior and better learning outcomes</p>

Department of Social Welfare and Development (DSWD)	<ul style="list-style-type: none"> This is a government agency which is ordered to enhance, apply, and coordinate social protection and poverty reduction solutions for and with the poor, vulnerable, and disadvantaged. 	<ul style="list-style-type: none"> To activate the community health providers to give comprehensive public health services To provide information drive and assistance to all Filipinos
Department of Interior and Local Government (DILG)	<ul style="list-style-type: none"> This is an executive department liable for sustaining peace and order, securing public safety and strengthening the capability of local government units to effectively and efficiently deliver basic services to the citizenry. 	<ul style="list-style-type: none"> To assist LGUs to effectively and efficiently deliver services to their people
Disease Prevention and Control Bureau (DPCB)	<ul style="list-style-type: none"> This is an agency that works to lead and align all efforts in the prevention and control of diseases to achieve healthy communities by having good governance, active partnership, and shared values. 	<ul style="list-style-type: none"> To enhance policies, program designs, and projects in order to prevent and control the spread of diseases and maintain health protection To provide <ul style="list-style-type: none"> coordination, technical assistance, capability building, and advisory services in connection to prevention and control of diseases and health protection sustainability.

Inter-Agency Task Force (IATF)	<ul style="list-style-type: none"> is a task force organized by the executive of the Philippine government to respond to affairs concerning emerging infectious diseases in the Philippines. 	<ul style="list-style-type: none"> This agency was organized as government's instrument to assess, monitor, contain, control, and prevent the spread of any potential epidemic in the Philippines.
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What's More

Activity 1. Matchy-Match!

Directions: Match column A with the roles of the different agencies in the disease prevention and control in column B. Write your answers in your activity notebook.

Column A	Column B
1. DOH	a. assists LGUs to effectively and efficiently deliver services to their constituents.
2. DSWD	b. implements the Emerging and Re-Emerging Infectious Disease Program.
3. DEPED	c. works to lead and synchronize all efforts in disease prevention and control.
4. DPCB	d. mobilizes the community health teams to provide comprehensive public health services.
5. DILG	e. formulates and implements programs and projects in formal and non-formal basic education.

Activity 2. What Can You Say?

Directions: Explain the importance of agencies in the prevention and control of communicable diseases using the diagram below. Write your answers in your activity notebook.



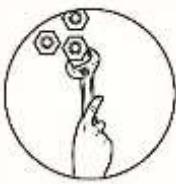
What I Have Learned

Directions: Express your understanding of the lesson by completing the sentence starters below. Write your answers in your notebook.

1. The agencies that are responsible in the prevention and control of communicable diseases in the Philippines are _____

_____.
2. I believe one of the benefits that I can get from these health agencies is _____
_____.
3. As a student, I can help in the prevention and control of communicable diseases in my school and community through

_____.



What I Can Do

Directions: Think of an agency in your locality which is directly involved in the prevention and control of communicable diseases. Then, make a two-page leaflet on showing the different programs and projects implemented by the agency you have chosen. Be guided by the rubrics below.

	3	2	1	Points
CONTENT	The leaflet communicates current and relevant information and has maximized 2 pages.	The leaflet communicates relevant information and has maximized 1 page only.	The leaflet communicates irrelevant information and has maximized 1 page only.	
ORGANIZATION	The leaflet contains well organized information.	The leaflet contains less organized information.	The leaflet contains unorganized information.	
CREATIVITY	The leaflet is done beautifully and patiently with maximum application of creative designs /styles.	The leaflet is done moderately with a little application of creative designs/styles.	The leaflet is done poorly with no application of creative design/styles.	
TOTAL:				

Example of a Two Page Leaflet

Department of Health

Tiny Bite: HUGE THREAT!



National Dengue Prevention and Control Program

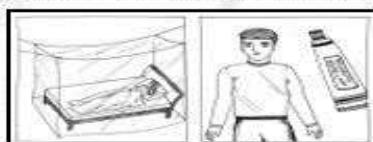
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Submitted by: (Name of Student)

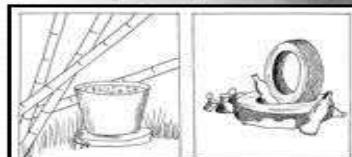
Submitted to: (Name of Teacher)

The Department of Health formulated the National Dengue Prevention and Control Program because of the outbreak of the dengue virus. They implemented this program to prevent the transmission of the virus from the mosquito to humans and to reduce morbidity and mortality from dengue infection.

Protect Yourself from DENGUE!



- use mosquito nets while sleeping even during the day
- use mosquito repellants



- drain out stored water regularly
- control by fogging (during outbreaks)

SYMPTOMS

- Fever, severe headache
- Pain behind eyes
- Muscle and joint pain
- Nausea, vomiting, swollen glands
- Unusual weakness, rash
- Abdomen pain, cough, loose motion



ADVICES

- Immediate blood test on doctor's advice
- Rest and drink plenty of fluids
- Paracetamol can be taken to reduce joint pains, fever
- Aspirin or ibuprofen should not be taken

2

(Dengue fever taking its toll on Kids The Daily Star" 2019)



Assessment

Directions: Choose the most appropriate answer to each of the questions below.
Write only the letter of your choice in your activity notebook.

1. What agency is responsible for the formulation and implementation of programs in the areas of formal and non-formal instruction?
 - a. Department of Education
 - b. Department of Health
 - c. Department of Interior and Local Government
 - d. Disease Prevention and Control Bureau
2. What is the agency that works on the synchronization of all efforts in disease prevention and control?
 - a. Department of Education
 - b. Department of Health
 - c. Disease Prevention and Control Bureau
 - d. Department of Social Welfare and Development
3. Which of the following government agencies in the Philippines primarily works on the health of the citizens?
 - a. Department of Education
 - b. Department of Health
 - c. Department of Interior and Local Government
 - d. Department of Social Welfare and Development
4. What is the government agency responsible for activating and ensuring all other agencies and departments to promote and access basic public health services to all Filipinos?
 - a. Department of Education
 - b. Department of Health
 - c. Department of Interior and Local Government
 - d. Disease Prevention and Control Bureau
5. What does DOH stand for?
 - a. Department of Health
 - b. Department Operation on Health
 - c. Direct Operation on Health
 - d. Duties of Health

6. Which of the following government agencies is mandated to develop, implement and coordinate social protection?

 - a. Department of Education
 - b. Department of Health
 - c. Department of Interior and Local Government
 - d. Department of Social Welfare and Development
7. Which of the following government agencies is responsible for ensuring public safety and strengthening the capability of LGUs to effectively deliver basic services to citizenry?

 - a. Department of Education
 - b. Department of Health
 - c. Department of Interior and Local Government
 - d. Disease Prevention and Control Bureau
8. Which of the following is NOT a responsibility of the Department of Education?

 - a. implement nutrition programs for better learning outcomes
 - b. include in the curriculum the topics and activities for quality health
 - c. provide Filipino learners with sustainable holistic school health
 - d. provide seminars on health for community health teams
9. In a municipality, the LGU's provided several health programs and policies to their people. In order to assure that it is effectively and efficiently delivered, what government agency is designed to assist and help LGU in giving sustainable health programs and policies to their constituents?

 - a. Department of Education
 - b. Department of Health
 - c. Department of Interior and Local Government
 - d. Department of Social Welfare and Development
10. Which of the following is the roles of DSWD?

 - a. implement nutrition programs for better learning outcomes
 - b. include in the curriculum the topics and activities for quality health
 - c. mobilize the community health teams for the provision of comprehensive public health services
 - d. provide Filipino learners with sustainable holistic school health
11. It is mandated by the DOH that children aged below 21 years old is prohibited to go out from their homes because of COVID 19. Hence, the government discouraged face to face classes. What agency is responsible for crafting and implementing alternative delivery modes towards our children to continue their education?

 - a. Department of Education
 - b. Department of Health
 - c. Department of Interior and Local Government
 - d. Department of Social Welfare and Development

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- Department of Education
 - Department of Health
 - Department of Interior and Local Government
 - Disease Prevention and Control Bureau
13. Philippines is experiencing health crisis called COVID 19. With this, people are ordered not to go out from their homes. In order to prevent and control the increasing numbers of affected people, which government agency is responsible for formulating and implementing programs and policies to all Filipinos?
- Department of Education
 - Department of Health
 - Department of Interior and Local Government
 - Disease Prevention and Control Bureau
14. How does DepEd contribute to the prevention and control of communicable diseases?
- It includes in the curriculum the topics and activities for quality health.
 - It mobilizes the community health teams to provide comprehensive public health services.
 - It provides quality health care to all Filipinos.
 - It provides information drive to all health workers.
15. A certain community in the municipality is suffering from the spread of communicable diseases. Which agency is accountable in providing immediate solutions to address the health problem in the community?
- Department of Education
 - Department of Health
 - Department of Interior and Local Government
 - Department of Social Welfare and Development



Additional Activities

Let's widen your knowledge about the different agencies on prevention and control of communicable diseases.

Directions: List and explain briefly at least 5 health programs that are implemented in your community by the different agencies on prevention and control of communicable diseases. Write your answers in your activity notebook. The first item is done for you.

1. TB DOTS. This program is implemented in order to directly treat the patients infected and prevent the spread of the disease.
- 2.
- 3.
- 4.
- 5.



Answers Key

What I Learned	Assessment	Activity 1	Activity 2
What I Know	What's In	What's More	Activity 1
1. DOH, DEPED, DILG, DPGB, DSWD	Activity 1	1. A	1. B
2. We are able to know what are the appropriate actions on a specific disease.	2. C	2. B	2. A
3. We are able to know what are the appropriate actions on a specific disease.	3. B	3. B	3. D
4. By informing them on the disease, we are able to know what are the appropriate actions on a specific disease.	4. B	4. B	4. A
5. Actions on a specific disease.	5. A	5. A	5. A
6. Actions on a specific disease.	6. D	6. D	6. D
7. Specific disease.	7. B	7. B	7. B
8. Specific disease.	8. D	8. D	8. D
9. Actions on a specific disease.	9. A	9. A	9. A
10. By informing them on the disease, we are able to know what are the appropriate actions on a specific disease.	10. C	10. C	10. C
11. Actions on a specific disease.	11. C	11. C	11. C
12. Appropriate safety measures to fight against communicable diseases.	12. D	12. D	12. D
13. Actions on a specific disease.	13. A	13. A	13. A
14. Appropriate safety measures to fight against communicable diseases.	14. D	14. D	14. D
15. Actions on a specific disease.	15. C	15. C	15. C

What I Have Learned	Assessment	Activity 1	Activity 2
What I Know	What's In	What's More	Activity 1
1. About monitoring on the public health concerns and implementation policies & programs to fight against communicable diseases.	1. Provide appropriate information about the health concerns and implementation policies & programs to fight against communicable diseases.	1. About monitoring on the public health concerns and implementation policies & programs to fight against communicable diseases.	1. Provide appropriate information about the health concerns and implementation policies & programs to fight against communicable diseases.
2. About monitoring on the public health concerns and implementation policies & programs to fight against communicable diseases.	2. Implement policies & programs to fight against communicable diseases.	2. About monitoring on the public health concerns and implementation policies & programs to fight against communicable diseases.	2. Implement policies & programs to fight against communicable diseases.
3. Tuberculosis	3. Tuberculosis	3. Tuberculosis	3. Tuberculosis
4. Cancer	4. Cancer	4. Cancer	4. Cancer
5. Obesity	5. Obesity	5. Obesity	5. Obesity
Activity 1	Activity 2	Activity 1	Activity 2

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<https://www.officialgazette.gov.ph/section/briefing-room/department-of-theinterior-and-local-goverment/> Department of Interior and Local Government

<https://www.officialgazette.gov.ph/section/briefing-room/department-of-socialwelfare-and -development/> Department of Social Welfare and Development

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