

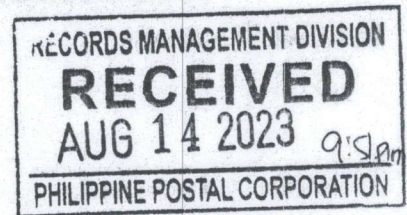
OFFICE OF THE POSTMASTER GENERAL

MEMORANDUM

TO : ALL ASSISTANT POSTMASTER GENERAL
ALL AREA DIRECTORS
ALL DEPARTMENT MANAGERS
ALL EMPLOYEES
This Corporation

SUBJECT : REMINDER ON WATER-RELATED DISEASES

DATE : August 4, 2023



MARIA 8-14-2023
11:00 AM

According to the DOH, the incidence of Food and Waterborne Diseases (FWBD) increases along with poverty and peaks during rainy season and, is usually high in areas with poor sanitation and hygienic practices. At present, the rainy weather has exposed a lot of workers to Water-related Diseases (WRD) which are as follows: (a) **Water-borne Diseases** caused due to consumption of contaminated drinking water such as cholera, typhoid, dysentery, Hepatitis A, Rotavirus etc; (b) **Water-based Diseases** caused due to contact with dirty water transmitted through animals other than mosquitoes such as leptospirosis, Schistosomiasis; (c) **Water vector Diseases** which are transmitted through biting of mosquitoes such as dengue and malaria; and (d) **Water Washed Diseases** caused by lack of poor hygiene such as scabies and fungal disease. These diseases can be prevented by good hygiene and sanitation and proper hand washing.

In our advocacy to having a safe and healthy workplace, we are asking for our dear workers to consult the Medical Clinic if symptoms/exposures such as the following are present:

- Diarrhea / 'Pagtatae'
- Nausea and vomiting / 'Hilo o pagsusuka'
- Fever more than $>37.7^{\circ}\text{C}$ & chills / 'Lagnat at panginginig'
- Abdominal pain / 'Pananakit ng tiyan'
- Wading in floods with open wounds or none / 'Paglusong sa baha kahit may sugat man o wala'
- Headache/ 'Pananakit ng ulo'
- Eye redness/ 'Pamumula ng mata'

For consultation, you may visit the Medical Clinic at the CMEC Office or check our Facebook page, **Phl Post Med** (www.facebook.com/phlpostmed) for online consultation from 8am-5pm. For the latest trends on diseases, informative and educational materials are posted in the Facebook page for the workers' awareness.


LUIS D. CARLOS
Postmaster General and CEO



HUMAN RESOURCE MANAGEMENT DEPARTMENT

FOR/TO : Pre-Surveyed employees aging 60 and above of Central office and Area 3, Mega Manila

FROM : THE MANAGER
Human Resource Management Department

SUBJECT : CONDUCT OF FLU VACCINATION PROGRAM FOR EMPLOYEES AGING 60 AND ABOVE

DATE : November 20, 2023

Immunization has been a primary way of prevention of morbidity and mortality of diseases. In partnership with the Department of Health and City Government of Pasay, there will be a free flu vaccination program aimed to provide protection for the elderly employees of Philippine Postal Corporation, to educate employees regarding immunization and respiratory illnesses through provision of information and education materials and to prevent employee absenteeism resulting from influenza and other related respiratory illnesses. The details of the program are as follows:

- WHAT:** FLU VACCINATION PROGRAM
- WHO:** Pre-surveyed Employees aged 60 and above from Central Office and Area 3, Mega Manila
- WHEN:** November 24, 2023, Friday 9:00 AM to 2:00 PM
- WHERE:** Conference Room 2nd floor EMED Main Building

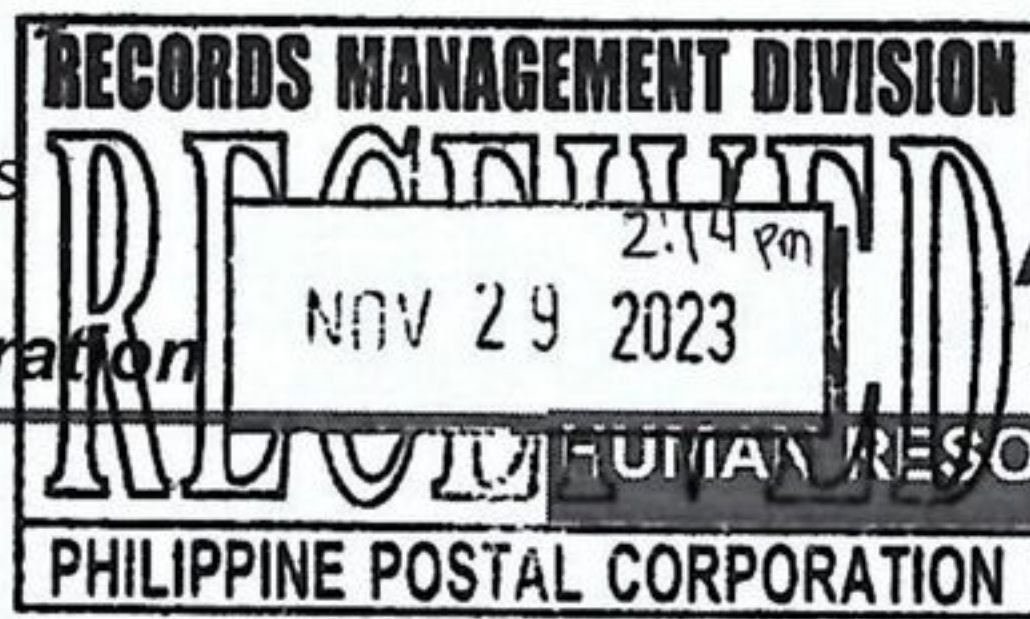
No preparation will be needed and employees will be screened prior to vaccination. We encourage all who are listed in the attached list to participate in this health program as part of our advocacy in providing safety and protection for each employee and in building a healthy workplace.

For questions and concerns you may e-mail at medicalservices@phlpost.gov.ph or message us on our facebook account <https://www.facebook.com/phlpostmed>.

Thank you for your usual support.


ROSEMARIE N. TUBAL





TO : ALL LETTER CARRIERS, DRIVERS AND EMPLOYEES WITH COMORBIDITIES ASSIGNED AT SURFACE MAIL EXCHANGE DEPARTMENT AND MANILA CENTRAL POST OFFICE

FROM : THE MANAGER
Human Resource Management Department

SUBJECT : CONDUCT OF FREE FLU VACCINATION PROGRAM

DATE : 29 November 2023

Please be informed that the Human Resource Management Department-Medical Services in collaboration with Department of Health and City Government of Pasay will be having a **FREE FLU VACCINATION PROGRAM** to all letter carriers, drivers and with comorbidities assigned at SMED and MCPO on November 30, 2023, Thursday at 10:00 AM to 3:00 PM.

No preparation will be needed and employees will be screened prior to vaccination. We encourage employees to participate in this health program as part of our advocacy in providing safety and protection for each employee and in building a healthy workplace.

For questions and concerns you may e-mail at medicalservices@phlpost.gov.ph or message us on our facebook account <https://www.facebook.com/phlpostmed>.

Thank you for your usual support.

ROSEMARIE N. TUBAL

