



Republic of the Philippines
Department of Education
Region IX, Zamboanga Peninsula
SCHOOLS DIVISION OF ZAMBOANGA DEL NORTE
Capitol Drive, Estaka, Dipolog City, 7100



Tel No.: (065) 212-5843

e-mail address: zn.division@deped.gov.ph

Division Memorandum
No. 149, s. 2020

To: Public Schools District Supervisors
Elementary and Secondary School Heads
School/District Nurses
All others concerned

From:  **MA. LIZA R. TABILON, Ed.D., CESO VI**
Schools Division Superintendent

Subject: Corrigendum to Division Memorandum No.78, s.2020 Re: Submission of the
Annual Physical Examination

Date: May 26, 2020

1. Due to the issuance of Executive Order No. 20-42 series of 2020 "extending General Community Quarantine in the entire Province of Zamboanga del Norte until May 31, 2020", this Office announces the extension of the deadline for the submission of the Consolidated Annual Physical Examination from May 31, 2020 to August 24, 2020 thru bit.ly/depedznform86. The document to be submitted will also serve as the health status survey for COVID-19.
2. Immediate dissemination and compliance with this Memorandum are desired.

CVO/Corrigendum to DM78/SGODSHNS/DM016-2020/05262020 

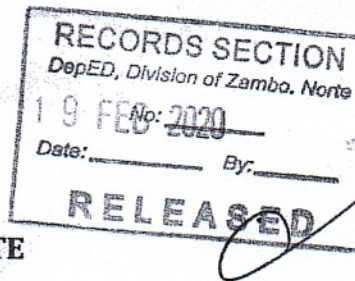


"Be and Do Much Better Each Day with a Sense of Urgency"





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Division Memorandum

No. 078, s. 2020

To: Public Schools District Supervisor
Elementary and Secondary School Heads
School Health Personnel Concerned

From :  **MA. LIZA R. TABILON Ed.D., CESO VI**
Schools Division Superintendent

Subject : 2020 Annual Physical Examination of DepEd Personnel

Date : February 17, 2020

1. Pursuant to DepEd Memorandum No. 22, s. 2015 **Annual Physical Examination Of DepEd Employees**, all teaching and non-teaching personnel are required to undergo annual physical examination in compliance with Civil Service Commission Memorandum Circular No. 17, s. 1989 considering that the physical well-being of government employees have a significant impact on the efficiency and effectiveness of delivery of public service.
2. The annual health examination shall be conducted to ensure that employees are physically fit to perform their assigned roles and functions to give quality, healthy and safe services as public servant using the 3-year Form 86. *See Enclosure Nos. 1 and 2.*
3. Based on the result of the 2019-2020 annual health examination of DepEd Schools Division of Zamboanga del Norte, the top ailments are Hypertension, Urinary Tract Infection, Anemia, Diabetes Mellitus, Upper/Lower Respiratory Tract Infection. Hence the following laboratory and diagnostic tests are required:
 - a. Chest X-ray result (except for pregnant women which required Sputum Analysis)
 - b. Urinalysis
 - c. Complete Blood Count
4. For personnel who are 40 years old and above and those who are Hypertensive and Diabetic: ECG, Lipid Profile, Creatinine, Blood Uric Acid and SGPT is suggested. It is further advised for female employees 30 years old and above that Pap smear should be done for 3 consecutive years. If the three consecutive-year result is normal, the next Pap smear would be after 5 years.



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5. A consolidated report on the result of the Annual Physical Examination shall be submitted to the Schools Division Office on or before May 31, 2020 thru bit.ly/depedznform86.
6. For strict compliance.