11 November 2026

DIVISION MEMORANDUM
No. 551, s. 2026

DISSEMINATION OF INFORMATION, EDUCATION AND COMMUNICATION MATERIALS ON HEAD LICE PREVENTION AND PROPER SLEEP HYGIENE

To: Assistant Schools Division Superintendent
Division School Health and Nutrition Personnel
Public Schools District Supervisors
School Heads of Public Schools
All Teaching and Non-Teaching Personnel
All Others Concerned

1. In order to promote health awareness, personal hygiene, healthy sleeping habits, and overall well-being of learners, schools are encouraged to integrate health education activities into their existing programs through the following:

    - After-class activities;
    - Health talks or information dissemination during flag ceremonies; and
    - Distribution or posting of printed Information, Education, and Communication (IEC) materials.

2. School Heads and School Health Nutrition Personnel are encourage to sustain awareness campaigns on head lice prevention and proper sleep hygiene to help learners develop healthy habits both at school and at home.

3. The resources and references are accessible through this link https://tinyurl.com/NatHealthEdWeekMaterials

4. For guidance and widest dissemination, and appropriate action.

JAY S. MONTEALTO, CESO V
Schools Division Superintendent

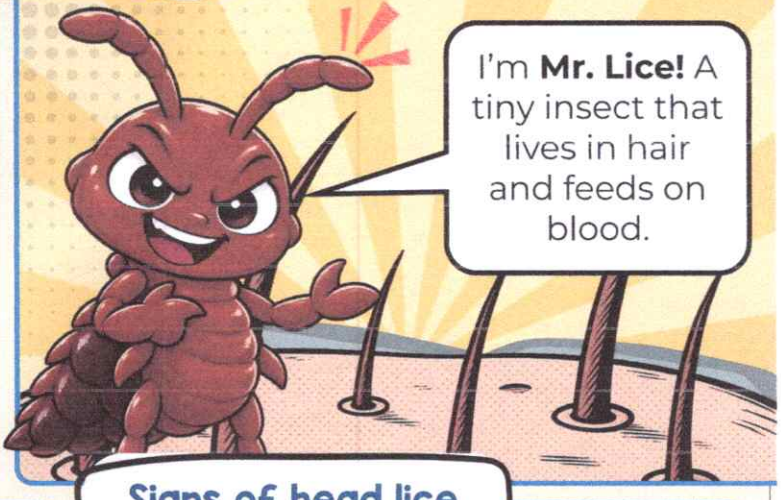
Department of Education
Division of Dapitan City
RELEASED
No. 551 Date: 11/11/26
Time: 10:26 By:

Itchy head? Don't let Head lice spread!

#Lice?Alis!

What are Head lice?





I'm **Mr. Lice!** A tiny insect that lives in hair and feeds on blood.

How do we spread?



We multiply and spread by crawling. If your hair touches someone's hair with lice, it can crawl over to yours.

We can also live in infested:





Signs of head lice

- Itchy and irritated scalp
- Small red bumps on the scalp
- Crawling feeling in the hair
- Nits (lice eggs) attached to hair strands





Let's prevent and fight off Mr Lice by doing these:

Access other materials and references



Regularly check your hair. Tell an adult if you feel discomfort



Do not share combs, brushes, clothes or towels



Avoid hair-to-hair contact during play



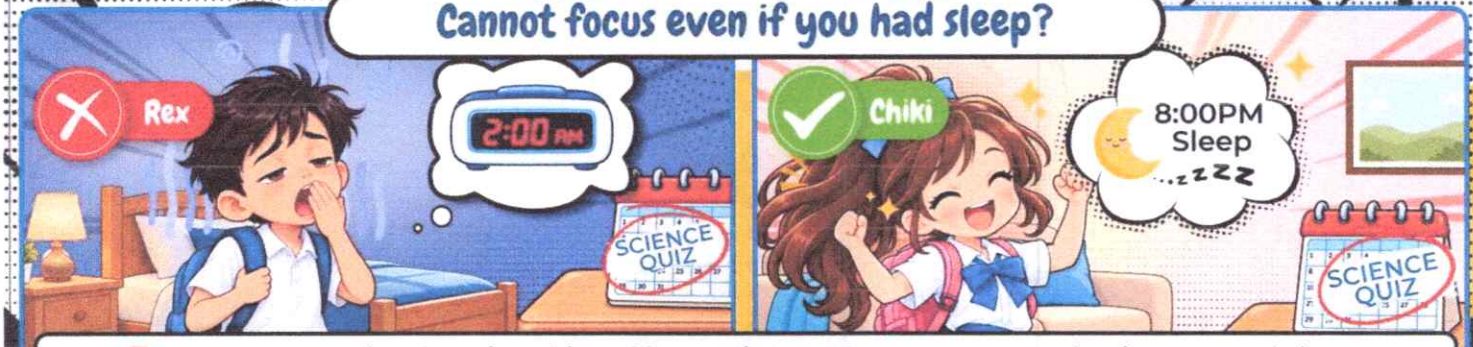
Consult your school health personnel on steps how to stop the spread of head lice

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Woke up like this? Quality Sleep for Keeps!

#TurnSleepHabits2Benefits

Cannot focus even if you had sleep?



Do: Quality sleep is achieved by getting **7-8 hours or more** of uninterrupted sleep. This allows our mind to concentrate, think clearly and process memories.

Cannot wake up on time?



Do: Try to sleep on the same time **consistently (e.g. 8PM)**. This is what we call **"body clock"**
*Your body's **"sleep timer"** that helps you feel sleepy and wake up at the right times*

Tempted to use your phone past bedtime?



Do: AVOID using your cellphones/tablets **at least 30 minutes** before your bedtime.

Eating large meals before your bedtime, is that okay?



Do: AVOID eating large meals or snacks before your bedtime. Drink small amounts of water instead to stay hydrated and help relax your body.