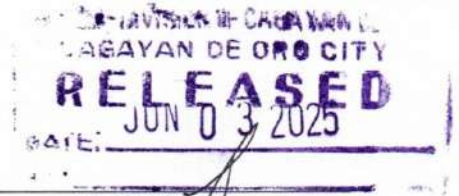




Republic of the Philippines
Department of Education
REGION X
DIVISION OF CAGAYAN DE ORO CITY



Office of the Schools Division Superintendent

02 June 2025

DIVISION MEMORANDUM
No. 430 s.2025

**PROMOTION OF HEALTHY LIFESTYLE AND
HYGIENE PRACTICES IN SCHOOLS**

TO: Assistant Schools Division Superintendent
Chiefs, CTD and SGOD
All Elementary and Secondary School Heads
Division Health Personnel
This Division

1. As we prepare for the opening of school year 2025-2026, all schools are hereby directed to actively promote healthy lifestyle practices among learners, teachers, and staff to help prevent the spread of communicable diseases, such as colds, flu, and gastrointestinal infections.
2. In view of foregoing, the following provisions are hereby emphasized:
 - a. Make handwashing with soap and water a regular habit.
 - b. Always cover your mouth and nose when coughing or sneezing.
 - c. Avoid close contact with individuals who have respiratory illnesses or visible skin lesions.
 - d. Wearing of facemask in crowded and poorly ventilated spaces.
 - e. Drink plenty of water to stay hydrated.
 - f. Ensure food is properly cooked.
 - g. Get 7-8 hours of sleep each night for optimal health and well-being.
 - h. Seek medical consultation at a health facility if fever, headache, or body malaise persist.
3. Ensure that existing handwashing areas are fully functional and supplied with clean water and soap, especially at school entrances, exits, and other strategic areas. Additionally, integrate hand hygiene awareness and activities into daily classroom routines.
5. In adherence to Equal Opportunity Principle (EOP), inclusive and fair treatment is accorded to all personnel regardless of disability, sexual orientation, gender, age, religion, and ethnicity.



Address: Fr. William F. Masterson Ave., Upper Balulang, Cagayan de Oro City
Telephone: (088) 855-0044, (088) 855-0047, (088) 328-2142
Email Address: cagayandeoro.city@deped.gov.ph
Website: <https://depedcdo.net/>

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6. This office directs immediate and wide dissemination of this memorandum.

ROY ANGELO E. GAZO
Schools Division Superintendent

Encl.: As stated

Reference: N o n e

To be indicated in the Perpetual Index
under the following subjects:

SCHOOL HEALTH

HEALTH EDUCATION

DM-038-SGOD-SHN-(CCPC) / PROMOTION OF HEALTHY LIFESTYLE AND HYGIENE PRACTICES
IN SCHOOLS
June 2, 2025



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