



Republic of the Philippines
Department of Education
Region VI – Western Visayas
SCHOOLS DIVISION OF CAPIZ

March 12, 2025

DIVISION MEMORANDUM
NO. 130 s. 2025

IMPLEMENTATION OF 4'O'CLOCK HABIT IN ALL SCHOOLS AND OFFICES

To: OIC, Office of the Assistant Schools Division Superintendent
Chief Education Supervisors
Curriculum Implementation Division
School Governance and Operations Division
Public School District Supervisors
Heads of Public Elementary, Secondary and Integrated Schools
All Others Concerned

1. Attached is a letter from **Dr. Ramon Alex T. Nolasco, MPA, Provincial Health Officer II of Capiz Provincial Government Provincial Health Office** regarding the nationwide search and destroy of mosquito breeding sites every 4:00 pm in all government institutions nationwide, which is self-explanatory.
2. Immediate dissemination of this Memorandum is desired.

ROEL F. BERMEJO
Schools Division Superintendent

Encl.: As stated
Reference: As stated
To be indicated in the Perpetual Index
Under the following subjects:

CAMPAIGN
PROGRAMS

HEALTH AND NUTRITION
POLICY

LEARNERS



Republic of the Philippines
Province of Capiz
Capiz Provincial Government
PROVINCIAL HEALTH OFFICE

27 February 2025

MR. ROEL F. BERMEJO, PhD, CESO V
Schools Division Superintendent
Department of Education
Province of Capiz

Dear Mr. Bermejo,

Greetings of good health!

In light of the increasing dengue cases in other provinces and in consonance with the Department of Health memorandum on the prevention and control of dengue, all provinces and cities are enjoined to participate in the nationwide search and destroy of mosquito breeding sites every 4:00 in the afternoon in all government institutions nationwide.

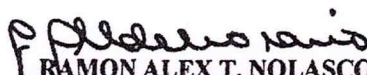
As our active partner in health, we would like to request the implementation of the 4'o'clock habit in all schools and offices. This event will strengthen our collective efforts in controlling the spread of dengue by identifying and eliminating mosquito breeding sites in order to have a safe and healthy workplace. The following measures will be implemented during the 4o'clock habit:

- **Clean** indoor spaces daily and collect items that are likely to collect water and dispose properly.
- Replace and clean water collecting containers every 2 days and cover properly to avoid breeding of mosquitoes.
- **Search and destroy breeding sites** in school premises. These are water collecting garbage like bottles, plastic containers, caps, coconut shells, bamboo poles as well as plants that collect water like bromeliads, gabi stalks among others.
- Monitor pupils for incidence of fever and separate them for monitoring. Check installed treated screens for holes and cover this in order to avoid further spread of dengue.
- Avoid giving aspirin for headache and use only paracetamol.

Let us keep our workplaces and every household safe from dengue.

"Alas Kwatro, Kontra Mosquito!"

Respectfully yours,


RAMON ALEX T. NOLASCO, MD, MPA
Provincial Health Officer II

IX	ADC	SD	PM/PC
TRANSMISSION DETAILS			
Via	Transmitted By	Date/Time	Received By
Araldo Boulevard, Barangay Inzo Araldo Village, Roxas City 5800 Capiz Landline Number: (036) 6216598		ISO Certified Local Government Unit Certificate Number QMS/15/R63/0365	