



Republic of the Philippines
Department of Education
REGION IX – ZAMBOANGA PENINSULA
SCHOOLS DIVISION OF DIPOLOG CITY
ZAMBOANGA DEL NORTE NATIONAL HIGH SCHOOL - TURNO

OFFICE MEMORANDUM

No. 13, s. 2026

**TO: All Learners
All Teaching and Non-Teaching Personnel**

FROM: VIRGINIA E. TAGAB, MAFIL
School Principal III

**SUBJECT: "4 O'Clock Habit"
DENGUE PREVENTION AND CONTROL**

DATE: July 7, 2026

In relation to the alarming rise of recorded cases of Dengue Disease in our school, this institution is one in the adherence to the strict compliance of Dengue Control and Prevention Campaign.

All learners and personnel are encouraged to participate in the **"4 O'clock Habit" every Friday at 4:00 PM** as part of our intensified *Dengue Prevention and Control Program*.

The "4 O'clock Habit" is a nationwide initiative in eliminating mosquito breeding sites by dedicating *at least ten (10) minutes every Friday* to clean surroundings and destroy potential habitats of dengue-carrying mosquitoes.

During this activity, everyone is requested to:

1. Search for and eliminate stagnant water in containers, flowerpots, old tires, bottles, and similar receptacles.
2. Cover and clean water storage containers regularly.
3. Clear drainage canals, and other areas where water may accumulate.
4. Collect and properly dispose of garbage that may hold rainwater.
5. Maintain cleanliness in our school and surrounding premises.

All advisers are directed to ensure active participation and encourage consistent observance of the activity every Friday. Collective action is essential



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in preventing the spread of dengue and protecting the health and safety of our school.

Henceforth, *“Let’s Do it a Habit every 4:00 PM, every Friday”* to ensure the sustainability and effectiveness of this intervention.

Immediate and widest dissemination of this Memorandum is highly desired.