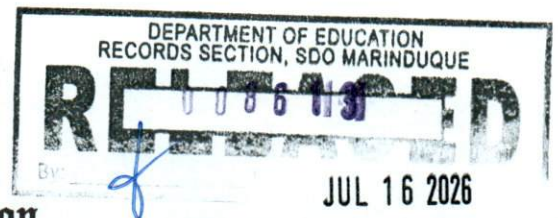




Republic of the Philippines
Department of Education
SCHOOLS DIVISION OF MARINDUQUE



Office of the Schools Division Superintendent

MEMORANDUM

SGOD-2026-140

TO: Assistant Schools Division Superintendent
Chief Education Supervisors
Public Schools District Supervisors
Heads of all Public Elementary, Secondary, and Integrated Schools
All Others Concerned

FROM: **LYNN G. MENDOZA, EdD**
OIC, Schools Division Superintendent

SUBJECT: **SUGGESTED INFORMATION, EDUCATION, AND COMMUNICATION (IEC) MATERIALS FOR WASH IN SCHOOLS (WinS)**

DATE: July 15, 2026

1. In support of the effective implementation of the Water, Sanitation, and Hygiene in Schools (WinS) Program, all schools are requested to advocate the program by utilizing contextualized Information, Education, and Communication (IEC) materials. These materials include posters, checklists, and guides designed to translate national policies into clear, actionable formats for daily school operations.
2. For uniformity, schools shall use the attached standardized IEC materials. Editable copies of such can be downloaded through the link <https://canva.link/bh9r5wxggr824qu> and other materials including poster and checklists can be accessed thru the link <https://bit.ly/4vVTa1d>.
3. To avoid spoiling the work of others, schools are advised to save a copy of the material being edited by clicking "Make a Copy" from the File Menu of the Canva file.
4. IEC materials should be printed at readable sizes. These should be displayed in conspicuous and appropriate places within the school premises.
5. Wide and immediate dissemination of the contents of this Memorandum is desired.



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WASH IN SCHOOLS THREE STAR APPROACH

PRACTICE: HOW TO WASH YOUR HANDS



1 Apply soap, create lather and rub all surfaces for 20 seconds.



2 Rub palms together and interlace fingers.



3 Rub the backs of fingers and the fingertips against the opposite palm.



4 Grasp thumb and rub with a twisting motion. Repeat for other thumb.



5 Rub left palm against the back of the right hand and vice versa.



6 Rinse hands with running water.

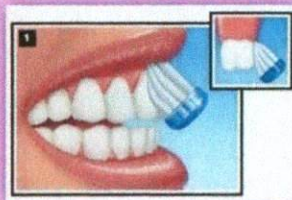
Dry hands
in the air.
Do not use a towel.
Towels become a
source of infection
after the first
use.





WASH IN SCHOOLS
THREE STAR APPROACH

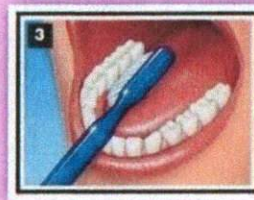
PAANO ANG TAMANG PAGSISIPILYO?



1-anggulo ng 45° ang sipilyo, nang may kontak sa ngipin at gilagid.



Dahan-dahang i-brush ang mga outer tooth surfaces nang pawalis at paikot-ikot na mosyon.



Panatilihin sa 45° ang toothbrush at i-brush ang mga inner tooth surfaces nang pawalis at paikot-ikot na mosyon.



Gamit ang unahang bahagi ng toothbrush, linisin ang mga likurang bahagi ng mga front teeth nang pawalis at taas-babang mosyon.



Linisin ang mga biting surfaces ng bagang nang paikot-ikot at paroo't paritong mosyon.



Huwag kalimutang linisin ang dila nang pawalis na mosyon para mawala ang mga odor-producing bacteria.

Tamang Dami Ng
Toothpaste Ayon
Sa Edad:



Smear
Age less than 2 years



Pea-size
Age 2 to 5 years



Regular
Age more than 5 years





WASH IN SCHOOLS
THREE STAR APPROACH

Sundin ang **7** gabay ng pagsipilyo!

SIPILYO

Sapat na fluoride sa toothpaste!

Sundin ang **7** gabay ng pagsipilyo!

SIPILYO

Lagay ang wastong dami ng toothpaste.

Sundin ang **7** gabay ng pagsipilyo!

SIPILYO

Paikot-ikot sa bawat ngipin.

Sundin ang **7** gabay ng pagsipilyo!

SIPILYO

Wasang magmumog matapos magsipilyo. Dura lamang.

Sundin ang **7** gabay ng pagsipilyo!

SIPILYO

Laging araw-araw, gabi-gabi.

Sundin ang **7** gabay ng pagsipilyo!

SIPILYO

YES sa Kain-Brush-Tulog!

Sundin ang **7** gabay ng pagsipilyo!

SIPILYO

Orasan ng dalawang minuto.



MGA MADALAS ITANONG

Bakit kailangan nating maghugas ng kamay gamit ang sabon?

Ang bula ng sabon ay tumutulong upang mas epektibong matanggal ang dumi sa kamay kumpara sa tubig lamang. Ang tamang paghuhugas ng kamay ay nangangailangan ng sabon at kaunting tubig lamang. Nililinis ng sabon ang kamay mula sa langis at dumi na naglalaman ng mga mikrobyo. Kung gagamitin nang tama, lahat ng uri ng sabon ay kasing epektibo sa pagtanggal ng mga mikrobyo.

Bakit mahalagang huwag magmumog pagkatapos magsipilyo?

Ang pagmumog ay nakababawas sa mabuting epekto ng fluoride sa iyong mga ngipin. Kung kinakailangang alisin ang mga tinga ng pagkain, magsipilyo at magmumog muna, pagkatapos ay magsipilyo muli gamit ang toothpaste na may fluoride. Iluwa ang toothpaste at huwag nang magmumog.

Ligtas bang lunukin ang toothpaste?

Ang toothpaste ay hindi para kainin kaya dapat iluwa ito ng mga bata. Gayunpaman, alam na ang mga bata ay minsang nakakalunok ng kaunting toothpaste, ngunit kahit mangyari ito, hindi naman ito nakasasama.

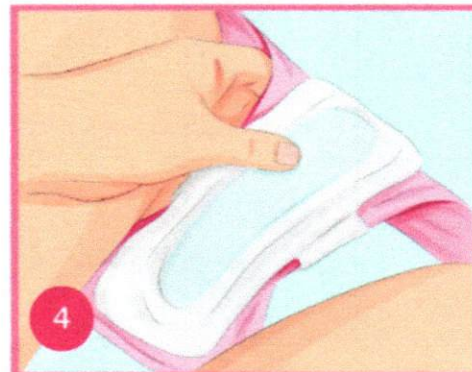
Ano ang tamang paraan ng pagsisipilyo ng ngipin?

Karaniwang nakatuon lamang ang mga bata sa mga ngipin sa harap at nakakalimutang sipilyuhin ang mga molar o bagang. Kaya mahalagang sanayin ang mga bata na magsipilyo nang may pagkasunod-sunod upang malinis ang lahat ng bahagi ng ngipin, lalo na ang mga bagang. Ipinapakita ng pananaliksik na walang iisang paraan ng pagsisipilyo ang mas nakahihigit kaysa sa iba.



How to Change a PAD

- Bring a fresh pad into the bathroom.
- Wash your hands.
- Lower underpants and sit on toilet.
- Peel the used pad away from underwear and roll up to contain fluids. (1)
- Wrap the used pad in toilet paper or the outer packaging of the new pad. (2)
- Remove the paper covering the adhesive from back of the new pad. (3)
- Press new pad into underwear. If pad has "wings," peel adhesive from them and wrap them around the sides of the crotch of the underwear for more security. (4)
- Dispose of well-wrapped, used pad in garbage. (5)
- Never toss unwrapped pads, even if they are not very soiled. Be sure no pets can get into garbage.
- Wash hands well with warm water and soap. (6)



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