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Republic of the Philippines

Department of Education

REGION V - BICOL

TANGGAPANG PANGSANGAY NG CATANDUANES

January 30, 2026

DIVISION MEMORANDUMNo. 155 s., 2026**PROMOTING ORAL HEALTH AWARENESS AND MONTH-LONG
CELEBRATION OF THE 22nd NATIONAL ORAL HEALTH MONTH AND
NATIONAL TOOTHBRUSHING DAY 2026**


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

1. In reference to Presidential Proclamation No. 559, s. 2004, which designates February as National Oral Health Month, the Department of Education, through the Schools Division Office, encourages all schools to actively participate in the 22nd National Oral Health Month with this year's theme: "Tara Na! Cleaning at Fluoride, Sa' n ka pa? #PhilHealthOralHealthBenefit".
2. The celebration will run from February 2 to February 27, 2026, and aims to:
 - a. Highlight the importance of preventive dental care for people of all ages and encourage regular dental visits;
 - b. Emphasize the key role of dentists in promoting proper oral hygiene through professional cleaning, fluoride varnish application, and routine check-ups;
 - c. Guide learners and the school community in adopting lifelong oral health practices and facilitate early detection of dental problems;
 - d. Support efforts to make oral health services more accessible and effective, reinforcing oral care foundations at home and within the family; and
 - e. Support the #Ngiting 7020 campaign, which encourages Filipinos to maintain at least 20 healthy, functional teeth by age 70 through regular preventive care and dental visits.
3. Schools are expected to actively participate in the month-long celebration by supporting and promoting activities such as oral health education and advocacy initiatives for learners and the school community.
4. National Toothbrushing Day will be observed on February 2, 2026. Schools are encouraged to conduct synchronized, age-appropriate toothbrushing activities to reinforce good oral hygiene habits, following current health and safety protocols.



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5. Dental personnel and other school health personnel in the SDO shall lead in planning and implementing activities for the month-long celebration. Suggested activities are provided in Annex A for reference.
6. All School Heads/Designates are requested to submit narrative reports with photo documentation of conducted activities via the link: <https://tinyurl.com/NationalToothbrushing2026>.
7. Immediate dissemination and strict compliance with this memorandum are enjoined.


MA. JEANY T. ABAYON
Asst. Schools Division Superintendent
Officer-In-Charge
Office of the Schools Division Superintendent

Annex A to Promoting Oral Health Awareness and Month-long Celebration of the 22nd National Oral Health Month

Suggested Activities for the Month-long Celebration of the 22nd National Oral Health Month (February 2- 27, 2026)	
1. First Week	<p>Demonstrations and Interactive Activities</p> <ol style="list-style-type: none"> 1. Demonstration on proper toothbrushing and oral hygiene technique 2. Interactive workshops and distribution of oral hygiene kits, if available <p><i>*It is suggested to collaborate and establish partnerships with professional organizations like PDA, local dental clubs, and other external stakeholders to facilitate the implementation of advocacy activities</i></p>
2. Second Week	<p>Oral Health Awareness Campaigns</p> <ol style="list-style-type: none"> 1. School-wide oral health information drives and advocacy campaigns 2. Oral health promotion activities tailored to diverse learner needs, including learners with disabilities
3. Third Week	<p>Delivery of Oral Health Services</p> <ol style="list-style-type: none"> 1. Basic oral examination and consultation subject to available resources 2. Coordination with local government units, dental professionals, and partners for school-based oral health services
4. Fourth Week	<p>Oral Health Education Activities</p> <ol style="list-style-type: none"> 1. Classroom-based oral health education sessions 2. Orientation sessions for parents and guardians on basic oral health practices