Following is another response from DHS Senior Sampling Specialist, Mahmoud Elkasabi:

For Nigeria DHS 2018, you can use the numbers in Tables A.1 and A.2 to calculate the average population per EA by strata P_h, then you can estimate the average number of HHs per cluster M_h using the average HH size from the survey results D_h as $M_h = P_h / D_h$. D_h can be estimated from the HR data as the weighted mean of hv012 by strata. The same approach can be used for Congo Democratic Republic DHS 2014.