



Republic of the Philippines
Department of Education
REGION IV- A CALABARZON
CITY SCHOOLS DIVISION OF THE CITY OF TAYABAS

08 January 2025

DIVISION MEMORANDUM
No. **014** s. 2025

**BLOODLETTING ACTIVITY: EVERY BLOOD DONOR IS A HERO,
DONATE BLOOD SAVE LIFE**

To: Assistant Schools Division Superintendent
Chief Education Supervisors
Heads, Public and Private Elementary and Secondary Schools
Heads, Unit/Section
All Others Concerned

1. In consonance with **Republic Act No. 7719** also known as the **National Blood Services Act of 1994**, this Office through the Alternative Learning System (ALS) will conduct the 5th bloodletting activity with a theme: **"Every Blood Donor is a Hero...Donate Blood Save Life,"** in coordination with the Philippine Red Cross-Quezon Lucena Chapter. This will be conducted on **January 9, 2025, 8:00 am – 3:00 pm** at **ALS Pag-Asa Community Learning Center, Barangay Lita, Tayabas City.**
2. This activity aims to (1) promote and encourage voluntary blood donation by the citizenry, (2) instill in the public consciousness the principle that a blood donation is a humanitarian act, and (3) provide a sufficient supply of safe blood.
3. Teaching, non-teaching personnel, ALS learners and other qualified donors are encouraged to donate blood. Blood donors are given permission to rest at home after participation in the said activity.
4. Attached are the qualifications and requirements for blood donors.
5. Immediate and widest dissemination of this Memorandum is desired.


CELEDONIO B. BALDERAS JR.
Schools Division Superintendent

Encl: As stated
Reference: None
To be indicated in the Perpetual Index
under the following subjects:

ALTERNATIVE LEARNING SYSTEM
BLOOD LETTING ACTIVITY

CID – bloodletting activity: every blood donor is a hero...donate blood save life
CIDIS8E8-001427/January 08, 2025



Address: Brgy. Potol, Tayabas City
Telephone No.: (042) 785-9615
Email Address: tayabas.city@depd.gov.ph
Website: <https://depdtayabas.ph>

Who can donate blood?



Are in good health
Are between 16 to 65 years old
(16 and 17 years old need parents consent)
Weigh at least 110 pounds
Have a blood pressure between:
Systolic: 90-160 mmHg
Diastolic: 60-100 mmHg
Pass the physical and health
history assessments

You are special... Give blood.

Philippine Red Cross
Quezon-Lucena City Chapter
Doña Victoria St. Barangay 10 Capitol
Compound Lucena City, 4301 Quezon,
Philippines
Tel: (+63 42) 7102431
09177900831/09192167767

BEFORE DONATING BLOOD

1. Have enough rest and sleep, at least 5 to 6 hours.
2. No alcohol intake for 24 hours prior to blood donation.
3. No medication for at least 24 hours prior to blood donation.
4. No recent vaccination (except for Hepatitis B).
5. No recent travel abroad.
6. Eat prior to blood donation, avoid fatty foods.
7. Drink plenty of fluid like water or juice.
8. No allergy attack on the day of blood donation.
9. No cough and colds.
10. No open wounds.
11. No tooth extraction within the past 3 days.
12. No recent tattoo (at least 6 months).

STEPS IN DONATING BLOOD

1. Have your weight taken.
2. Register and complete the donor registration form.
3. Have your blood type and hemoglobin checked.
4. Have a physician examine you.
5. Actual donation -- the amount of blood to be donated (either 350cc or 450cc) will depend on your weight and blood pressure. Blood donation will usually take 10 minutes or less.

AFTER DONATING BLOOD

1. A 5 to 10-minute rest is necessary.
2. Drink plenty of fluid like water or juice.
3. Refrain from stooping down.
4. Refrain from strenuous activities like:
 - a. Lifting heavy objects
 - b. Driving big vehicles (bus, truck, etc.)
 - c. Operating big machines
5. Avoid using the punctured arm in lifting heavy objects.
6. Apply pressure on the punctured site and lift the arm in case the site is still bleeding.
7. If there is discoloration or swelling on the punctured site, you may apply cold compress for the first 24 hours and the hot compress for the next 24 hours.
8. If there is dizziness, lie down with your feet elevated. Drink plenty of juice. In just few minutes or so, it should pass.

Donating blood can save lives. Check out our directory to find the nearest blood service facility in your area, <http://bit.ly/BloodSF>.

 [phredcross](#)  [@philredcross](#)
 [@phredcross](#)  www.redcross.org.ph



Volunteers + Logistics + Information Technology = A Philippine Red Cross that is
Always FIRST, Always READY, Always THERE!