



04/23-053

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

13 APR 2023

DIVISION MEMORANDUM  
No. 170 s. 2023

**BLOODLETTING ACTIVITY**

To: OIC-Assistant Schools Division Superintendent  
Chief Education Supervisors  
Heads, Public 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 a bloodletting activity in partnership with the Philippine Red Cross-Quezon Lucena Chapter. This will be conducted on **April 27, 2023, 8:30 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 and other qualified donors are encouraged to donate blood. Attached are the qualifications and requirements for blood donors.
4. Immediate dissemination of this Memorandum is desired.

  
**CELEDONIO B. BALDERAS JR.**  
Schools Division Superintendent



Brgy. PotoI, Tayabas City



(042) 710-0329 or 797-0773



tayabas.city@deped.gov.ph

<https://depedtayabas.com/>

## 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 discolouration 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](http://www.redcross.org.ph)



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



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