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

29 SEPTEMBER 2020

DIVISION MEMORANDUM
No. 144 s. 2020



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 will conduct a bloodletting activity in partnership with the Philippine Red Cross-Quezon Lucena Chapter. This will be conducted on October 2, 2020, 9:00 am – 1:00 pm at the City Schools Division of the City of Tayabas, Brgy. Potol, Tayabas City.
2. This activity aims to save life through blood donation and promote on its benefits.
3. Attached is the qualifications and requirements for blood donors.
4. Immediate dissemination of this memorandum is desired.

ANIANO M. OGAYON, CESO V
Schools Division Superintendent



 Brgy. Potol, Tayabas City
 (042) 710-0329 or 797-0773

 tayabas.city@deped.gov.ph
 tayabas.depedr4a.net





BE A LIFE SAVER



QUALIFICATIONS AND REQUIREMENTS

- Generally in good health condition
- Age: 16 - 65 years old
(16 - 17 years old needs guardian's written consent)
- Weight: 110 lbs or 50 kgs and above
- Physical examination will be assessed prior to donation

BEFORE DONATION

- Have enough sleep, minimum of 5 hours
- No alcohol intake 24 hours prior to blood donation
- Travel, medications, piercing, and tattoos will be assessed on site
- Have something to eat prior to blood donation, avoid fatty foods

AFTER DONATION

- Drink plenty of fluids like water or juice
- Refrain from stooping down
- Refrain from strenuous activities
- If there is discoloration and swelling on the puncture site, you may apply cold compress for the first 24 hours followed by warm compress for the next 24 hours
- If there is dizziness, just lie down on a flat surface with feet elevated

For further queries, please contact
the Philippine Red Cross National
Blood Services

(02) 790.2300 or 790.2383

LOCAL BLOOD FACILITY:



Brgy. PotoI, Tayabas City



(042) 710-0329 or 797-0773



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