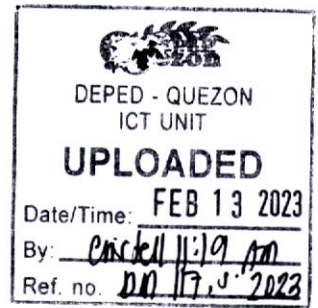




Republic of the Philippines  
**Department of Education**  
Region IV-A  
SCHOOLS DIVISION OF QUEZON PROVINCE



09 February 2023

**DIVISION MEMORANDUM**

**DM No. 17, s. 2023**

**2023 DUGOYANIHAN SA DEPED QUEZON: A BLOODLETTING ACTIVITY**

**To:** Assistant Schools Division Superintendent  
Division Chiefs  
Section/Unit Heads  
Elementary and Secondary School Heads  
Division Office Personnel  
DRRM District/School Coordinators  
School Health Personnel  
All Others Concerned

1. In celebration of the Healthy Heart Month, this Office through the SGOD School Health Section will conduct the blood donation activity entitled **Dugoyanihan sa DepEd Quezon: A Bloodletting Activity on February 28, 2023 at 9:00 a.m. to 11:30 a.m. at SDO Training Center Talipan, Pagbilao Quezon** following the strict minimum health and safety protocols.
2. The activity aims to continuously promote and support voluntary non-remunerated blood donation, thereby addressing the unprecedented national shortage in this time of pandemic. Each drop of blood to be collected is expected to save many lives.
3. To make this activity a success, nearby Districts listed hereunder may send at least 5 volunteer-donors, in addition to the SDO personnel.

Schools District	Number of Expected Donors
1. Pagbilao 1	5
2. Pagbilao 2	5
3. SDO Talipan	40
Total Target	50

4. Attached hereto is the Criteria of Blood Donor Eligibility and the DOH Safety and Health Protocols on Blood Donation.

DEPEDQUEZON-TM-SDS-04-009-003



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**Address:** Sitio Fori, Brgy. Talipan, Pagbilao, Quezon  
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**Website:** www.depedquezon.com.ph



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5. Travel and incidental expenses in the conduct of this activity shall be charged to Division/School Maintenance and Other Operating Expenses (MOOE) or local funds subject to usual accounting and auditing rules and procedures.
6. Immediate and widest dissemination of this Memorandum is highly desired.

**ELIAS A. ALICAYA JR., EdD**  
Assistant Schools Division Superintendent  
Officer-in-Charge  
Office of the Schools Division Superintendent

shsmtma02/09/2023

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Enclosure to DM No. 117 s. 2023

**BLOOD DONOR ELIGIBILITY CRITERIA**

**Who can donate blood?**

- Are in good health;
- Are between 16 to 65 years old;
- Weigh at least 110 lbs
- Have a blood pressure between 90-160 mmg/60-100mmg;
- Pass the physical and healthy history assessment.

**Preparation before donating blood:**

- Have enough rest and sleep;
- No alcohol intake 24hrs prior to blood donation;
- No medications for at least 24hrs prior to blood donation;
- Have something to eat prior to blood donation (avoid fatty foods);
- Drink plenty of fluid, like water or juice.

**SAFETY PROTOCOLS IN THE VENUE**

**All blood donors are expected to:**

- Submit at the venue a **Health Declaration Form** duly validated by the District Nurses in respective district assignments;
- Have **temperature check** and follow relevant protocols;
- Comply with **health requirements** implemented in the Division, like wearing of face mask, physical distancing and hand sanitizing; and
- Follow the **DOH guidelines** in organizing blood donation.

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**Safety measures that blood organizers need to consider:**

- Social distancing measures should be followed at all blood donation sites. These measures include physical distance, restriction on social norms of handshaking and hugging, reducing overcrowding, managing blood donation couches such that one-metre distance is maintained between two blood collection areas, calling donors in a staggered manner.
- For the collection of convalescent plasma, the guidelines stated that systems should be in place to enable re-entry of cured COVID-19 patients as donors for convalescent plasma for treatment of those affected by the novel coronavirus.
- Blood donation centres and camp organizers should educate staff and donors on these measures and provide facilities like running water, soap, hand sanitizers, personal protective equipment, color-coded dustbins.
- Hand hygiene and coughing etiquette must be maintained strictly by all.
- Also, safe disposal of used gloves, masks, caps, and soiled material should be ensured. Protocols for proper cleanliness of the equipment used during the blood donation should be maintained.
- Follow procedures for cleaning and disinfecting and increasing the frequency of these activities.

**Precautions that donors need to take:**

- Maintain good respiratory hygiene. COVID testing is not mandatory before blood donation, as transfusion-associated COVID is very rare. However, if a person is experiencing fever or sore throat in the past 1/2 weeks, he/she needs to report it before considering blood donation.
- All donors need to take universal precautions like social distancing measures, wearing masks, and proper hand sanitisation during donation.

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