



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

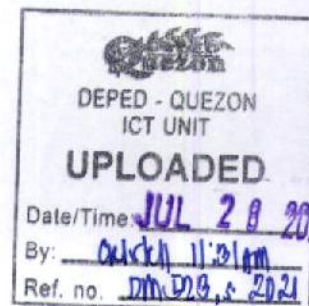
27 July 2021

DIVISION MEMORANDUM

DM No. 523, s. 2021

DUGOYANIHAN SA DEPED QUEZON: A BLOODLETTING ACTIVITY

To: OIC-Assistant Schools Division Superintendents
 Division Chiefs
 Section/ Unit Heads
 Public Schools District Supervisors
 Elementary and Secondary School Heads
 Division Office Personnel
 School Health Personnel
 All Others Concerned



- In celebration of the **National Blood Donors Month**, this Office through the School Health Section will conduct a Bloodletting Activity entitled **Project LinK: Dugoyanihan sa DepEd Quezon** on **August 26, 2021** at 9:00 a.m. to 11:30 a.m. at Talipan National High School Covered Court, Brgy. Talipan, Pagbilao Quezon.
- The activity aims to continuously promote and support voluntary non-remunerated blood donation, thereby addressing the unprecedented national blood shortage in this time of pandemic. Each drop of blood to be collected is expected to save many lives.
- To make this activity a success, nearby Districts listed hereunder are requested to send at least 15 volunteer-donors, in addition to 10 SDO personnel.

Schools District	Number of Expected Donors
a. Pagbilao 1	15
b. Pagbilao 2	15
c. Sariaya East	15
d. Sariaya West	15
*SDO	10
Total	70

- Attached hereto are the **Criteria of Blood Donor Eligibility** and the **DOH Safety and Health Protocols on Blood Donation**.

DEPEDQUEZON-TM-SDS-04-009-003



"Creating Possibilities, Inspiring Innovations"

Address: Sitio Fori, Brgy. Talipan, Pagbilao, Quezon
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5. Travel and incidental expenses shall be charged to 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

shsmtma/07/27/2021

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Enclosure to DM 528, s. 2021

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 90-160mmg/60-100mmg;
- Pass the physical and health 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 food);
- 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, face shield and hand sanitizing; and
- follow the **DOH guidelines** in organizing blood donation.

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Safety measures that blood donation organisers 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 organisers should educate staff and donors on these measures and provide facilities like running water, soap, hand sanitisers, 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.

Before donating blood, make sure you:

- Drink enough water
- Get enough rest
- Avoid smoking and drinking alcohol
- Avoid heavy physical activity
- Eat enough food rich in iron and protein

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