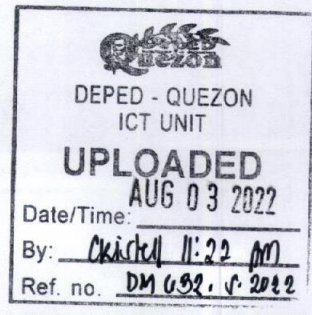




Republic of the Philippines  
**Department of Education**  
Region IV-A  
SCHOOLS DIVISION OF QUEZON PROVINCE



28 July 2022

**DIVISION MEMORANDUM**

**DM No. 632, s. 2022**

**PROJECT LINK: BLOODLETTING ACTIVITY AT SDO QUEZON**

**To:** Assistant Schools Division Superintendents  
Division Chiefs  
School Heads in-Charge of Governance and Operations  
Elementary and Secondary School Heads  
School Health Personnel  
All Others Concerned

1. To promote and support national activities on voluntary non-remunerated blood donation, this Office will conduct a **Bloodletting Activity** with the theme "Project Link: Dugoyanihan sa DepEd Quezon" on **September 9, 2022 at 9:00 a.m. – 11:00 a.m.** at **SDO Training Center, Talipan Pagbilao Quezon.**
2. The SDO personnel and nearby Districts are hereby requested to send at least 10 volunteer-donors to make this activity a success.

List of Districts/Office to Participate	Number of Participants
Pagbilao District 1	10
Pagbilao District 2	10
Sariaya East District	10
Sariaya West District	10
SDO	20
<b>Total Target Donors</b>	<b>60</b>

3. Attached hereto are the **Blood Donor Eligibility Criteria** 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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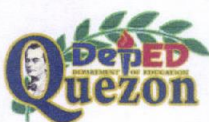
4. Travel and incidental expenses shall be charged to School Maintenance and Other Operating Expenses (MOOE) or local funds subject to usual accounting and auditing procedures.
5. Immediate dissemination of this Memorandum is highly desired.

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

shsmtma/07/28/2022

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Enclosure to DM No. 632, s. 2022

### 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; and
- Pass the physical and healthy history assessment.

#### Preparation before donating blood:

- Have enough rest and sleep;
- No alcohol intake 24 hours prior to blood donation;
- No medications for at least 24 hours prior to blood donation;
- Have something to eat prior to blood donation (avoid fatty foods); and
- 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-meter distance is maintained between two blood collection areas, calling donors in a staggered manner.
- For the collection of convalescent plasma, the guidelines state 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 centers and camp organizers should educate staff and donors on these measures and provide facilities, like running water, soap, hand sanitizers, personal protective equipment, and color-coded dustbins.
- Hand hygiene and coughing etiquette must be maintained strictly by all.
- Also, safe disposal of used gloves, masks, caps, and soiled materials 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.

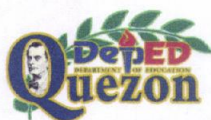
**Precautions that donors need to take:**

- 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.

*-Nothing follows.-*

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