



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

**UNNUMBERED MEMORANDUM**

**TO:** OIC- Assistant Schools Division Superintendents, CID and SGOD Chiefs, Section Unit Heads, Public Schools District Supervisors, School Heads, Division Office Personnel, School Health Personnel and All Others Concerned

**FROM:** ELIAS A. ALICAYA, JR., Ed.D.  
Assistant Schools Division Superintendent  
Officer-in-Charge  
Office of the Schools Division Superintendent

**SUBJECT:** Bloodletting Activity at SDO Quezon

**DATE :** February 8, 2021

To promote and support national activities on voluntary non-remunerated blood donation, this Office, in celebration of the Philippine Heart Month, will conduct a **Bloodletting Activity** with the theme "Give Blood, Give Love on Valentine's Day in the New Normal" on February 17, 2021 at 9:00 am – 11:00 am at Talipan NHS Covered Court, Talipan Pagbilao Quezon.

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 to Participate in the Bloodletting Activity at SDO- Talipan Pagbilao Quezon	Number of Participants
Pagbilao 1 District	10
Pagbilao 2 District	10
Sariaya East District	10
Sariaya West District	10
SDO Personnel	10
<b>Total donors</b>	<b>50</b>

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

Travel and incidental expenses shall be charged to School Maintenance and Other Operating Expenses (MOOE) or local funds subject to usual accounting and auditing procedure.

Immediate and widest dissemination of this Memorandum is desired.

shsmtrna02/B/2021

DEPEDQUEZON-TM-SDS-04-010-003



*"Creating Possibilities, Inspiring Innovations"*

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**BLOOD DONOR ELIGIBILITY CRITERIA FOR YOUR REFERENCE:**

**Who can donate blood?**

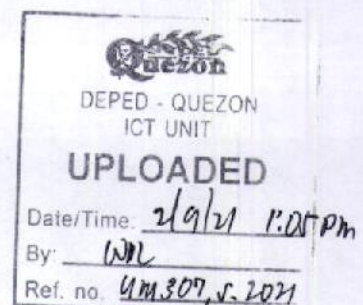
- Are in good health
- Are between 16 to 65 years old
- Weigh at least 110 lbs
- Have a blood pressure between 90-160mmg/60-100mmg
- Pass the physical and health history assessment

**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:**

1. All volunteer blood donors shall:
  - submit a **Health Declaration Form** duly validated by the District Nurses in respective District assignment to the venue
  - have **temperature check** and follows its protocols
  - comply in the health requirements implemented in the division of **wearing face mask, face shield and hand sanitizing and**
  - **follow the DOH guidelines in organizing blood donation**



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