



Republic of the Philippines
Department of Education
Region VIII

SCHOOLS DIVISION OF TACLOBAN CITY

May 25, 2023

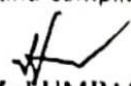
DIVISION MEMORANDUM

No. 875 s. 2023

**TO: ASSISTANT SCHOOLS DIVISION SUPERINTENDENT
CID & SGOD CHIEFS
EDUCATION PROGRAM SUPERVISORS
HEALTH & NUTRITION UNIT
PUBLIC SCHOOLS DISTRICT SUPERVISORS
ELEMENTARY AND SECONDARY PUBLIC SCHOOL HEADS
ALL OTHERS CONCERNED**

**SUBJECT: INVITATION TO PARTICIPATE IN THE BLOOD LETTING ACTIVITY
AT CIRILO ROY MONTEJO NATIONAL HIGH SCHOOL ON MAY 26, 2023**

1. In reference to Communication Letter received from Cirilo Roy Montejo National High School dated May 16, 2023, inviting the qualified Students in the National Service Training Program (NSTP) to be their valiant **BLOOD DONOR**, this Office through the Social Mobilization and Networking Unit under School Governance and Operations Division disseminates the same to the field. This Blood Letting Activity shall be conducted on May 26, 2023 at Cirilo Roy Montejo National High School from 8:00AM until 2:00 PM.
2. Cirilo Roy Montejo National High School has been conducting Blood Letting activity for eight years now. This Blood Letting Activity is conducted in partnership with the National Voluntary Blood Services Program (NVBSP)- Eastern Visayas of the Department of Health (DOH) Regional Office and Eastern Visayas Medical Center (EVMC).
3. Thus, this endeavour is part of the Junior High School Curriculum and its main goal is to respond to the call of the Department of Health (DOH) Regional Office for the assistance and provision of blood supply intended for the Region VIII patients.
4. In view thereof, all DepEd personnel who are potential blood donors are encouraged to participate in this noble endeavor.
5. Attached is the list of Requirement for possible blood donor.
6. For more information and queries, please contact *Mr. Eric John Estoque of CRMNHS through his Mobile No. 09456131534*
7. Immediate dissemination of this Division Memorandum and compliance thereto are highly desired.


JUDELLA RUIZ- LUMPAS EdD, CESO VI
Schools Division Superintendent



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Tacloban City
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SoC.MobUnit/snc/2023

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CIRILO ROY MONTEJO NATIONAL HIGH SCHOOL
in partnership with
National Voluntary Blood Services Program (NVBSP), Eastern Visayas
and Eastern Visayas Medical Center (EVMC)

BLOODLETTING ACTIVITY

May 26, 2023 (Friday)
8:00 AM to 2:00 PM
CPMNH5 SBM Hub

Eric John Estoque: 09456131534
Arnida Trinchera: 09153338165
Raquel Advincula: 09272151873
Jehu Mabansag: 09951353518
Christian Escobarte: 09655572553
Benito Jacla: 09072994386

Generally in good health condition.

Age: 18 to 60 years old

Weight: At least 100 lbs (45kgs) (for blood donation of 250ml)
At least 110 lbs (50kgs) (for blood donation of 450 ml)

Pulse Rate: Between 60 and 100 beats/minute with regular rhythm

Blood Pressure: Between 90 to 160 systolic and 60 to 100 diastolic

Hemoglobin: At least 12g/dl.

- Have enough sleep, minimum of 5 hours sleep.
- No alcohol intake for 24 hours prior to blood donation.
- Travel, medications, piercing and tattoos will be assessed onsite
- Have something to eat prior to blood donation. Avoid fatty acids

- Drink plenty of fluids like water and 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.
- If there is dizziness, just lie down on a flat surface with feet elevated.

Republic of the Philippines
Department of Education
Regional Office No. VIII
Schools Division of Tacloban City
District Learning Center VI
CIRILO ROY MONTEJO NATIONAL HIGH SCHOOL
T. Claudio St., Tacloban City

School Blood Letting Activity
Theme; "Give Blood, Save Lives"
May 26, 2022 (Friday)
8:00 AM – 2:00 PM
CRMNHS School Campus

BASIC REQUIREMENTS FOR POSSIBLE BLOOD DONORS:

Generally in good health condition.

Age:	16 to 60 years old (Note: 16 – 17 years old needs parent's/guardian's consent)
Weight:	At least 100 lbs. (45 kgs.) (for blood donation of 250 ml) At least 110 lbs. (50 kgs.) (for blood donation of 450 ml)
Pulse Rate:	Between 60 and 100 beats/minute with a regular rhythm)
Blood Pressure:	Between 90 to 160 systolic and 60 to 100 diastolic
Hemoglobin:	At least 125 g/L

BEFORE DONATION:

Have enough sleep, minimum of 5 hours sleep.

No alcohol intake for 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 acids.

AFTER DONATION:

Drink plenty of fluids like water and juice.

Refrain from stooping down.

Refrain from strenuous activities.

If there is a 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.

THOSE WHO CANNOT DONATE BLOOD TEMPORARILY:

Pregnancy

Acute Fever

Recent Alcohol Intake

Ear or Body Piercing and Tattooing

Recent Surgery
With contact with a Covid-19 Patient

THOSE WHO CANNOT DONATE BLOOD PERMANENTLY:

Cancers
Cardiac Diseases
Severe Lung Diseases
Viral Hepatitis
HIV Infection, AIDS or Sexually Transmitted Diseases
High Risk Occupations (e.g. prostitution)
Prolonged Bleeding
Unexplained Weight Loss of more than 5 kgs. over six months
Chronic Alcoholism

REMINDERS:

DO'S

Have enough rest. A minimum of 5 hours of quality sleep is needed to lessen the risk of donor reaction.
No alcohol intake 12 -24 hours prior to blood donation.
Have something to eat prior to blood donation. Avoid fatty foods.
Drink plenty of fluid like water or juice.
Medications will be assessed by our medical officer if viable to donate.

DON'T'S

Don't smoke 8 hours before donating.
Don't donate if you are breastfeeding and wait 6 weeks after normal delivery.
Don't donate if you underwent major surgery within 12 months.
Blood donors will not be accepted if taking in antibiotics within 7 days.
Avoid alcoholic drinks 12 hours before donating.