



## MEMORANDUM

TO : OIC – Asst. Schools Division Superintendent  
OIC – Chief, Curriculum and Implementation Division  
OIC – Chief, School Governance and Operation Division  
Schools Division Office Personnel  
Curriculum and Implementation Division Personnel  
School Governance and Operation Division Personnel  
Elementary School Heads / TIC / OIC  
Junior and Senior High School Heads / TIC / OIC  
All Other Concerns

FROM : **DR. ROMMEL C. BAUTISTA, CESO V**  
Schools Division Superintendent

SUBJECT : **DIVISION MASS BLOOD DONATION 2018**

DATE : June 4, 2018

The Department of Education, Division of Antipolo City in cooperation with The Order of the Knights of Rizal DepEd Antipolo Chapter and Dugong Buhay Foundation will conduct a Mass Blood Donation Part II with the theme “*Dugong Alay, Dugtong Buhay; Handog sa Araw ng Kasarinlan*” at Antipolo National High School on June 14, 2018 from 8 O’clock in the morning to 5 o’clock in the afternoon.

In connection with this, all schools are advised to support and participate with at least ten percent (10%) internal and external stakeholders who are voluntary subjected to be a blood donor. School Heads should maximize their Adopt-A-school Program Coordinator to look for prospective external blood donors. Blood donors will receive Certificate of Participation and Certificate of Appreciation, while the successful blood donors will be given a certificate of Recognition that may be used as part of the community service credit in IPCR.

Submit the list of blood donors and complete the information following the template attached for initial screening of our School Health and Nutrition Section to DR. RICO DESIREE M. REYES, Division Medical Officer and PHANNY RAMOS, Division Nurse on or before June 12, 2018. All Senior High School Nurses and Division Nurses are encourage to conduct pep talk about the Do’s and Don’ts before, during and after donating blood.

Attached are the guidelines on blood donation, tips and recommendation before, during and after donating blood.

All Schools Division Office personnel are encourage to support and be engaged on the said Mass Blood Donation activity.

Immediate dissemination of this Memorandum is desired.



## DIVISION MASS BLOOD DONATION 2018

School Name : \_\_\_\_\_  
 District : \_\_\_\_\_  
 Number of Teachers : \_\_\_\_\_

School ID : \_\_\_\_\_  
 Date : \_\_\_\_\_

No.	Name of Teachers	Age	Weight	With Tatoo (Yes/No)	If yes, how long
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Signed by: \_\_\_\_\_  
 School Head

Noted by: \_\_\_\_\_  
 PSDS



## CITY SCHOOLS DIVISION OF ANTIPOLO

### Mass Blood Donation Guidelines

#### Preparation before donating blood

1. Have enough rest and sleep.
2. No alcohol intake 24 hours prior to blood donation.
3. No medications for at least 24 hours prior to blood donation.
4. Have something to eat prior to blood donation, avoid fatty food.
5. Drink plenty of fluid, like water or juice.

#### Steps in donating blood

1. Have your weight taken.
2. Register and honestly and complete the donor registration form.
3. Have your blood type and hemoglobin checked.
4. A physician will conduct a blood donor examination.
5. Actual donation—the amount of blood to be donated (either 350cc or 450cc) will depend on the donor's weight and blood pressure. It usually takes 10 minutes or less.
6. A 5 to 10 minute rest and plenty of fluid-intake are necessary after donation.

#### What to do after blood donation?

1. Drink plenty of fluid, like water or juice.
2. Refrain from stooping down after blood donation.
3. Refrain from strenuous activities like:
  - a. Lifting heavy objects;
  - b. Driving big vehicles such as bus, trucks, etc.; or
  - c. Operating big machines.
4. Avoid using the punctured arm in lifting heavy objects.
5. Apply pressure on the punctured site and lift the arm in case the site is still bleeding.
6. If there is discoloration and swelling on the punctured site, you may apply cold compress for 24 hours.
7. If there is dizziness, just lie down with your feet elevated. Drink plenty of juice; and in just a few minutes or so, it will pass.

#### Blood Donation: Basic Requirements

Blood donation helps save lives. Find out if you're eligible to donate blood and what to expect if you decide to donate.

The need for blood is great. On any given day, more than two thousand of blood units are transfused to patients in our country. Some may need blood during surgery; while others depend on it after an accident or because they have a disease that requires blood components. The Philippine Red Cross approximately supplies one-fourth of the country's national blood requirements. If you're in good health, you can probably donate. Find out about blood donation and what to expect if you decide to give.

#### Who can donate blood?

You can donate blood if you...

- Are in good health
- Are between 16 to 65 years old (16 and 17 years old need parents consent);
- Weigh at least 110 pounds;
- Have a blood pressure between: Systolic: 90-160 mmHg, Diastolic: 60-100 mmHg; and
- Pass the physical and health history assessments.

PRC Blood Services Facilities carefully screen potential donors. The screening guidelines are necessary to ensure that blood donation is safe for you and that it is safe for the person who will be receiving your blood.

In the screening process, you have to fill out a blood donation questionnaire form that includes direct questions about behaviors known to carry a higher risk of blood-borne infections—infections that are transmitted through the blood. These behaviors include prostitution, intravenous drug use and others. A trained physician will be asking you about your medical/ health history, and a physical examination will be conducted—which includes



## CITY SCHOOLS DIVISION OF ANTIPOLO

checking your blood pressure, pulse and temperature. All of the information from this evaluation is kept strictly confidential.

During your blood donation screening procedure, a small sample of blood taken from a finger prick is used to check your hemoglobin level, the oxygen-carrying component of your blood. If your hemoglobin concentration is normal, and you've met all the other screening requirements, you can donate blood.

Source: Philippine Red Cross

# For a **better** donation experience...



## Tips for a Successful Donation

By following a few recommendations before, during and after your blood donation can help you make your donation experience as safe, successful and pleasant as possible.

### Before Your Donation

- Maintain a healthy iron level in your diet by eating [iron rich foods](#), such as red meat, fish, poultry, beans, spinach, iron-fortified cereals and raisins.
- Get a good night's sleep.
- Drink an extra 16 oz. of water or nonalcoholic fluids before the donation.
- Eat a healthy meal before your donation. Avoid fatty foods, such as hamburgers, fries or ice cream before donating. (Fatty foods can affect the tests we do on your blood. If there is too much fat in your blood, your donation cannot be tested for infectious diseases and the blood will not be used for transfusion.)
- If you are a platelet donor, remember that your system must be free of aspirin for two days prior to donation.
- Remember to bring your donor card, driver's license or two other forms of ID.





Republic of the Philippines  
Department of Education  
Region IV-A CALABARZON



## CITY SCHOOLS DIVISION OF ANTIPOLO

### During Your Donation

Wear clothing with sleeves that can be raised above the elbow.

Let the person taking your blood know if you have a preferred arm and show them any good veins that have been used successfully in the past to draw blood.

Relax, listen to music, talk to other donors or read during the donation process.

Take the time to enjoy a snack and a drink in the refreshments area immediately after donating.

### After Your Donation

Drink an extra four (8 ounce) glasses of liquids and avoid alcohol over *the next 24 hours*.

Keep the strip bandage on for *the next several hours*.

To avoid a skin rash, clean the area around the strip bandage with soap and water.

Do not do any heavy lifting or vigorous exercise for *the rest of the day*.

If the needle site starts to bleed, apply pressure to it and raise your arm straight up for about 5-10 minutes or until bleeding stops.

If you experience dizziness or lightheadedness after donation, stop what you are doing and sit down or lie down until you feel better. Avoid performing any activity where fainting may lead to injury for at least 24 hours.



REPUBLIKA NG PILIPINAS