



Republic of the Philippines
Department of Education
Region IX, Zamboanga Peninsula
SCHOOLS DIVISION OF ZAMBOANGA DEL NORTE
Dipolog City 7100



RELEASED

29 DEC 2017

NAME/SIGNATURE

DATE

MEMORANDUM

**TO: All PSDS and Principal In-Charge of Districts
School Heads of Both Elementary and Secondary Levels
All Others Concerned**

FROM: The Office of the Schools Division Superintendent

SUBJECT: VOLUNTARY MASS BLOOD DONATION

DATE : DECEMBER 28, 2017

This Office, in partnership with Philippine Red Cross-Zamboanga Del Norte Chapter, announces the conduct of Mass Blood Donation with the theme "Tabang! Kinasingkasing Nga Paglugway Sa Kinabuhì." This simultaneous activity will be held on January 5, 2018, in three (3) different venues, to wit:

1. Schools Division Office, Capitol Drive, Estaka, Dipolog City
2. Sindangan Pilot Demonstration School Gym, Sindangan Zamboanga del Norte
3. Liloy National High School Gym, Liloy, Zamboanga Del Norte

Relative to this, all newly-hired and newly-promoted teaching and non-teaching employees are highly encouraged to donate blood and support this humanitarian program. Interested donors may go to the venue nearest their station or residence.

If, for any reason, an interested donor is not qualified to donate blood, she/he may bring any person as alternative donor.

All prospective donors are advised to be familiar with the preparations before blood donation as provided in the attached leaflet.

Travel and other incidental expenses of SDO and medical staff who will assist the conduct of said activity shall be chargeable against SDO funds while the participation of donor-employees shall be on official time only.

For more information, all concerned may contact the **Schools Division Superintendent's Office** at mobile phone no. **09175085436**.

Immediate dissemination of this Memorandum is desired.

PEDRO MELCHOR M. NATIVIDAD, CSEE
Schools Division Superintendent



Philippine Red Cross Zamboanga del Norte Chapter

PHILIPPINE RED CROSS
Zamboanga del Norte Chapter

Mailing Address: Provincial Tourism Complex, Dipolog City, Philippines
Telephone No.: (+65) 212-3566 TeleFax No.: (+65) 212 9374
Email Address: zamboanga.norte@redcross.org.ph
Website: www.redcross.org.ph

Qualification of Donors

Age	At least 16 to 17 years old (must obtain parents consent) 18 to 50 years old - first time donors 51 to 64 years old – regular donors	Physical Requirements: Tattoo & body pierce must be at least one year old	
Pulse Rate	60 to 90 beats per minute	Weight	At least 110 lbs.
Body Temp	Must not exceed 37.5°C	Blood Pressure	Systolic = 110 to 140 mmHg Diastolic = 80 to 90 mmHg
		Hemoglobin	Not less than 125 gm/ml

When donating blood, make sure to observe the following:

- ✓ Have your weight taken;
- ✓ Have your BP checked;
- ✓ Have your blood type & Hemoglobin checked;
- ✓ Be honest in answering the question in the registration form;
- ✓ Keep and present your card when making donations;

Benefits of Blood Donation

1. Blood donation is good for your health. It reduces the amount of iron in the body and reduces the risk of heart disease. This is simply because when someone gives blood, iron is being removed from their system, which can significantly cut the risk of heart disease.
2. When someone donates blood, they get a free health check-up. People who get their blood pressure and cholesterol checked regularly can find out about a health issue sooner, which could make all the difference in their well-being.
3. Along with a health check-up, the donor will get a free blood analysis and be notified of their blood type. Blood that is donated is checked for several health factors to make sure it can be used for donation. Some of the factors that are checked include HIV, syphilis and hepatitis B, hepatitis C and malaria;
4. There are some fun benefits of donating blood that you might not have known about, like getting some free stuff! During donation, donors are given free snacks, juice, and drink.
5. Replenishing blood can be good for the body. Donation allows for the replenishment of the donor's blood supply, which helps the donor's body stay healthy, function more efficiently, and work productively.
6. Blood donors get to relax for an hour or so and lay back in a chair. It has to be one of the easiest ways to give something back to your community and potentially help other people.

What to do before and after donation?

Before blood donation

- ✓ Have enough rest and sleep;
- ✓ No alcohol intake for 24 hours and before blood donation;
- ✓ No medications 24 hours before actual blood donation;
- ✓ Have a light meal and avoid fatty foods;
- ✓ Drink plenty of fluids

After blood donation

- ✓ Rest for about 10 to 15 minutes;
- ✓ Apply pressure on the punctured site;
- ✓ Drink plenty of water or juice;
- ✓ Avoid stooping down;
- ✓ Avoid strenuous activities

Always First, Always Ready, Always There.

