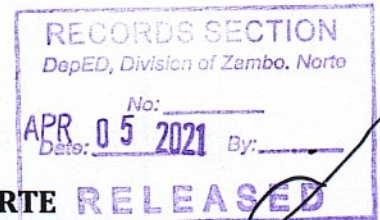




Republic of the Philippines
Department of Education
Region IX, Zamboanga Peninsula
SCHOOLS DIVISION OF ZAMBOANGA DEL NORTE



Division Advisory

No. 43, s. 2021

To: Public Schools District Supervisors
Principal In-Charge of the Districts
School Heads
All Others Concerned

From: **MA. LIZA R. TABILON EdD, CESO V**
Schools Division Superintendent

Subject: **CALL FOR VOLUNTARY BLOOD DONATION TO SUPPORT THE
PHILIPPINE RED CROSS CAMPAIGN DURING THE COVID-19
CRISIS**

Date: March 31, 2021

1. This Office encourages qualified employee donors for a voluntary donation at the nearest PRC blood collection unit in order to help them address the concern on dwindling supply of safe blood products. Attached is DepEd Memorandum No. 2020-0176 dated March 15, 2021 regarding the request of the Philippine Red Cross (PRC) Blood Services Committee for the Department of Education to conduct a blood donation campaign.
2. Enclosed herewith is the blood donation safety protocols during COVID-19 crisis for your reference.
3. For further inquiry, please contact the PRC Chapter Service Representative- Blood Services Mr. Eymard Vince M. Omania, Registered Medical Technologist for scheduling and information at 09956536972.
4. Immediate dissemination is hereby enjoined.

Reference: DM-PHROD-2020-0176

SGODSHNScvo/BloodDonationCampaign/DA01-2021/03312021





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Enclosure No. 1 to Division Advisory No.: 43 s. 2021

BLOOD DONATION SAFETY PROTOCOLS

A. Before the actual blood donation

Red Cross may provide leaflets and posters for information dissemination and promotion of mass blood donation activities. The organizer of the activity (blood donation coordinator) undertakes the promotion and dissemination of the information to generate support and participation among its members. Blood Service Representative may further conduct pep talks to orient and discuss the advantages and benefits of blood donation.

B. Qualifications to become a Blood Donor

1. Age - 18-60 years old (61-65, for regular donor)
2. Weight - at least 110 lbs (approximately 50 kg)
3. Blood Pressure - between
4. Pulse Rate - 60-100 beats per minute
5. Body Temperature - must not exceed 37.5 degrees centigrade

C. What to do after blood donation?

1. Drink plenty of fluids like water or juice to replace fluid loss.
2. Refrain from stooping after blood donation.
3. Refrain from strenuous activities like:
 - a. Lifting heavy objects
 - b. Driving big vehicles such as bus, trucks etc.
 - 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.

D. Conditions that prevent a person from donating temporarily or permanently

1. Pregnancy
2. Acute fever
3. Recent alcoholic intake
4. Recent surgery
5. Ear or body piercing and tattooing

E. Benefits of Voluntary Blood Donation

1. According to some studies, blood donation lowers excess iron in our blood which decreases risks for some heart and circulatory diseases, and certain types of cancer.
2. Personal health check. As part of our initial screening, you will know your blood type and haemoglobin.
3. Blood donation boosts personal self-worth.

