



Republic of the Philippines
Department of Education
REGION XIII – CARAGA
SCHOOLS DIVISION OFFICE OF SURIGAO CITY



DIVISION MEMORANDUM
No. 096, s. 2021

March 26, 2021

TO : **Assistant Schools Division Superintendent**
Chiefs, CID and SGOD
Education Program Supervisors
Public Schools District Supervisors
Elementary and Secondary Schools Principals/ School Heads/Teachers
Public and Private Schools
The Division

DISSEMINATION OF REGIONAL MEMORANDUM NO.187, S. 2021 ENTITLED CALL FOR VOLUNTARY BLOOD DONATION TO SUPPORT THE PHILIPPINE RED CROSS (PRC) CAMPAIGN DURING THE COVID – 19 CRISIS

1. Attached herewith is the Regional Memorandum No. 187, s. 2021 entitled Call for the Voluntary Blood Donation to Support the Philippine Red Cross (PRC) Campaign During the Covid – 19 Crisis.
2. Deped Surigao City Qualified Employee Donors are enjoined to voluntarily donate at PRC donation centers in order to help them address the need on threatened supply of safe blood products.
3. For further information and inquiry, please contact Mr. Christian Bryan Bonono, RN at cellphone number 09514513077.
4. Immediate dissemination of this Memorandum is desired.

KLG
KAREN L. GALANIDA, PhD, CESO V
Schools Division Superintendent *[Signature]*

Enclosure : as stated
Reference : Regional Memo No. 187, s. 2021

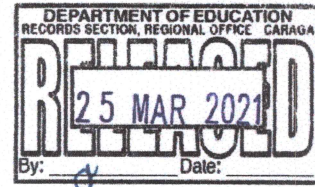
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Address: M. Ortiz St., Brgy. Washington, Surigao City
Telephone No.: (086) 826-3075
Email: surigao.city@deped.gov.ph



Republic of the Philippines
Department of Education
 CARAGA REGION



March 25, 2021

REGIONAL MEMORANDUM
 No. 187, s. 2021

To: ASSISTANT REGIONAL DIRECTOR
 SCHOOLS DIVISION SUPERINTENDENTS
 ASSISTANT SCHOOLS DIVISION SUPERINTENDENTS
 CHIEF ADMINISTRATIVE OFFICER – ASD
 ADMINISTRATIVE OFFICERS
 This Region

CALL FOR VOLUNTARY BLOOD DONATION TO SUPPORT THE PHILIPPINE RED CROSS (PRC) CAMPAIGN DURING THE COVID-19 CRISIS

1. The Department of Education through the Bureau of Human Resource and Organizational Development – Employee Welfare Division has manifested its support to Philippine Red Cross (PRC) Campaign for Voluntary Blood Donation in their appeal as they face a shortage of blood products supply caused by the ongoing COVID-19 pandemic.
2. Apropos, DepEd Caraga hereby enjoins qualified employee donors for a voluntary donation at PRC donation centers in order to help them address the concern on threatened supply of safe blood products.
3. Enclosed herewith is the blood donation safety protocols during COVID-19 crisis for your reference.
4. For further inquiry, please contact Donor Recruitment Officer Ms. Jennica Nadine Villanueva, RN for scheduling and information at telephone number (02) 790-2384, 09178348276 or email at donorrecruitment.tower@redcross.org.ph.
5. Widest dissemination of this Memorandum is highly desired.

[Signature]
EVELYN R. FETALVERO, PhD., CESO IV
 Director IV

Encl.: Blood Donation safety protocols during COVID-19 Crisis
 Referenc: Memorandum DM-PHROD-2020-0176: Voluntary Blood Donation to Support the Philippine Red Cross (PRC) Campaign during COVID -19 Crisis
 To be indicated in the Perpetual Index, under the following subjects:

ASD/mcd
 03/25/2021

BLOOD DONATION

COVID-19

PRC

MEMORANDUM



Address: J.P. Rosales Avenue,
 Butuan City
 Trunkline No: (085) 342-8207
 Telefax No: (085) 342-5969
 Email: caraga@deped.gov.ph



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National Blood Services

#37 EDSA cor. Boni Ave., Mandaluyong City
790.2300 or 790.2371
nbs@redcross.org.ph
www.redcross.org.ph

Mobile Blood Donation Activity

- **Background**

The Philippine Red Cross is a humanitarian organization, which provides services to uplift the lives of the underprivileged. One of its basic services is the Blood Services, which works on providing the country with an adequate and safer blood supply from volunteer, non-remunerated blood donors.

The Blood Service of the Philippine Red Cross follows the guidelines and mandates of the Department of Health to assure donor and recipient's safety.

- **Advantages of Voluntary Blood Donation**

1. Adequacy and safety of blood supply
2. Voluntary blood donors are those with lesser risk to acquire blood transmissible diseases such as HIV and Hepatitis.
3. Voluntary blood donor are likely to commit to a regular donation.

- **Benefits to the blood donor**

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 hemoglobin.
3. Blood donation boosts personal self-worth.

- **Qualifications to become a Blood Donor**

1. Age - 18 – 60 years old (61 – 65, regular donor)
- 16 – 17 years old must have parent's consent
2. Weight - at least 110 lbs (approximately 50 kg)
3. Blood Pressure - between 90 – 160 mmHg (systolic)
- between 60 – 100 mmHg (diastolic)
4. Pulse Rate - 50 – 100 beats per minute
5. Body Temperature - must not exceed 37.5 degrees Centigrade
6. Hemoglobin - 125 g/L (12.5 g/dL) or must pass our routine qualitative check for hemoglobin.

- **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. Our Blood Service Representative/s may further conduct pep talks to orient and discuss the advantages and benefits of blood donation.

- **Logistics and Staff**

- ❖ A team, approximately 6 to 8 Red Cross staff will conduct the mass blood donation activity for a minimum of 50 prospective donors.
- ❖ A pledge can be provided to help you assess the number of prospective individuals. You may mail to us the list of prospective donors before the activity.
- ❖ It is advised that the number of prospective donors is set to contribute to the success of the activity and it must not coincide with other activities such as medical missions and other trainings.
- ❖ Red Cross will bring the logistics needed, i.e. cotbeds, linens, etc., as well as donors' refreshments necessary for volume replacement for the donors.
- ❖ The Red Cross team will need a well-lighted, well-ventilated place that is accessible to the donors with an approximate floor area of 5 x 5 square meters, tables and chairs for registration.

- ❖ We also have a blood mobile bus which can accommodate 5 blood donors at the same time that can be stationed in your area. (Generator operated).
- ❖ At least a week prior, kindly confirm the blood donation event details such as date, time, venue and the final number of prospective donors. We would appreciate an update and/or modifications the soonest time possible. Please coordinate with the National Blood Center blood service representative/s.

Preparations before blood donation

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

Steps in donating blood

1. Have your weight taken.
2. Register honestly and completely the donor registration form.
3. Have your blood type and hemoglobin checked.
4. A physician will examine and determine an individual's eligibility to give blood.
5. Actual donation: The phlebotomy procedure would usually take about 10 minutes or less.
6. A 10 to 15-minute rest and enough fluid intake is necessary after donation.

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.
6. If there is discoloration and swelling on the punctured site, you may apply cold compress within the first 24 hours then warm compress for the next 24 hours.

7. If there is dizziness, lie down with feet elevated until such time the uncomfortable feeling subsides. Drink plenty of juice or water.

Frequently asked questions on Blood Donation

1. *Will donating blood make me weak?*

No, it will not make you weak. Donating 450cc will not cause any ill effects or weakness. The human body has the capacity to compensate with the new fluid volume. Further, the bone marrow is stimulated to produce new blood cells which in turn makes the blood forming organs function more effectively.

2. *How often can a person donate?*

A healthy individual may donate every three months.

3. *Can a person who has tattoo or body piercing still donate blood?*

If the tattooing procedure or the piercing was done a year ago, he/she may donate. This is also applicable to acupuncture, and other procedures involving needles.

4. *How long will it take to donate blood?*

The whole process of blood donation, from the registration up to the recovery, will only take an average of 30 minutes.

The blood extraction will take about 5-10 minutes. The blood volume will start replenishing within 24 hours. Theoretically, by the end of the month, the body will have the blood status before the blood donation.

5. *Will I contract disease through blood donation?*

No, we use sterile, disposable needles and syringes.

Blood Donors Card

Every volunteer donor will be given a BLOOD DONORS CARD. This card may be used as a record of donation. This is color-coded according to the donor's

blood type. This card does not exempt or discounts the holder from paying the blood processing fee.

Blood Processing Fee

The blood itself is free, since the Philippine Red Cross extracts solely from voluntary non-remunerated blood donor. However, to ensure that the donated blood will be safe for transfusion, a routine screening is done. A blood processing fee is charged for every blood unit procured from our blood service facilities. The fee, as mandated and approved by the Department of Health, is intended to cover the cost of the resources (reagents, equipment, manpower, etc.) in the collection and screening of the donated blood for blood-transmissible diseases.

Donor Counseling

In case a donor is found to be reactive to any of the 5 infectious diseases: HIV, Malaria, Syphilis, Hepatitis B & C, the blood service facility will inform the donor, **CONFIDENTIALLY**, thru mail, for a free consultation and counselling from our medical officer at the National Blood Centers. The content of the session may include discussion of the disease, course and mode of transmission, prognosis and care.

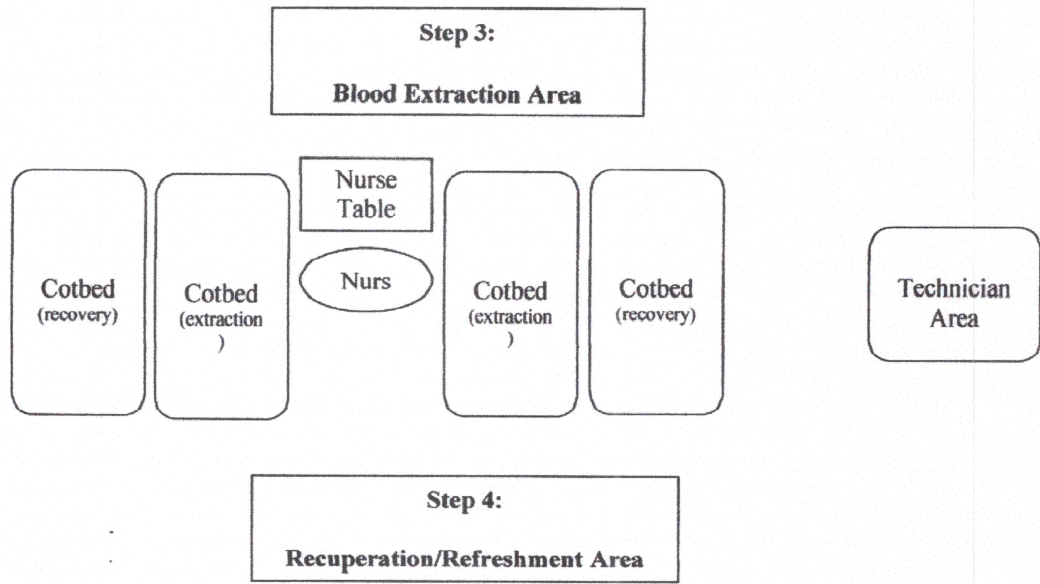
How to avail blood from the PRC?

1. Kindly secure an original and updated blood request form from the hospital where the patient is admitted. The following details are needed:
 - Full name of the patient
 - Age, Sex, Status
 - Blood type, Rh group
 - Blood Component
 - Amount/unit needed
 - Diagnosis/Indication for transfusion
 - Printed name with signature of the attending physician
2. Bring the blood request form to the nearest Red Cross Blood Service Facility.
3. Blood processing fee - payment for the processing of blood to ensure safety of the patient; the amount depends on the blood component.
4. Immediately bring the blood dispensed from Red Cross to the blood bank of the hospital.

Suggested Blood Donation Floor Plan

Step 1:
Registration Area

Step 2:
Physical Assessment



National Blood Services
#37 EDSA cor. Boni Ave., Mandaluyong City
790.2300 or 790.2371
nbs@redcross.org.ph

Name: _____

Address: _____

Blood Type: _____ Age: _____

Telephone Number: _____ E mail Address: _____

Signature

Date of pledge

Place where pledge was made

I will donate on _____

.....
(Kindly bring this portion when you donate blood.)

You have the most precious gift of all, the ability to save lives!



Please give blood!

I will donate on _____.

"I am a blood donor, and I save lives!"



National Blood Services

#37 EDSA cor. Boni Ave., Mandaluyong City
790.2300 or 790.2371

PRE-REGISTRATION

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