



Republic of the Philippines
Department of Education
REGION II – CAGAYAN VALLEY
SCHOOLS DIVISION OF TUGUEGARAO CITY

August 2, 2022

DIVISION MEMORANDUM

No. 155, s. 20 22

“DUGO NG BAYANING GURO AT EMPLEYADO” BLOODLETTING ACTIVITY

To: Assistant Schools Division Superintendent
Chief, Schools Governance and Operations Division
Chief, Curriculum and Implementation Division
Elementary and Secondary School Heads

1. July of every month is declared as “National Blood Donors Month” by former President Fidel V. Ramos per Proclamation No. 1021. All men and women are encouraged to participate in the altruistic cause of blood donation.
2. Relative to this, this Office through the School Governance Operations Division in partnership with Philippine Red Cross Tuguegarao Chapter will conduct a bloodletting activity with the theme “Dugo ng Bayaning Guro at Empleyado, Dugtong Buhay sa Kawani ng DepEd SDO” on August 15-19,2022 and January 16-20,2023.
3. Teaching and non-teaching personnel who are in good health condition are encourage to participate in this noble activity. They may bring relatives and friends to participate in the voluntary blood donation.
4. This activity aims to promote the culture of voluntary blood donation, to create awareness and to motivate employees in this noble humanitarian act and to encourage to donate blood regularly. Below are the schedule and venue for the bloodletting.

SCHEDULE	VENUE	OFFICE /DISTRICT
August 15, 2022/ January 16,2023	SDO Conference Hall	SDO Personnel
August 16, 2022/January 17,2023	North CS Gymnasium	North District
August 17, 2022/January 18,2023	Libag IS Gymnasium	East District
August 18, 2022/January 19,2023	Catag ES Gymnasium	West District
August 19, 2022/January 20,2023	CNHS Conference Hall	Secondary



Address: Regional Government Center, Carig Sur, Tuguegarao City, 3500

Telephone Nos.: (078) 844-7925; (078) 377-8805

Email Address: tuguegarao@deped.gov.ph

Website: depedtuguegarao.net

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5. Those who are interested in donating blood may register through this link:
<https://docs.google.com/spreadsheets/d/1uL85xWRYdr75sRirKelcqrgeTenyv0g-91c8xv8MFHQ/edit?usp=sharing>

6. Attached are the Technical Working Committee.

6. Should there be any queries, you may contact the led program proponent Dr. Cleofe Mary Jane D. Torres, MD or Leilani T. Mangabat of the Medical and Health Unit at telephone no. 09171565387/09173049485

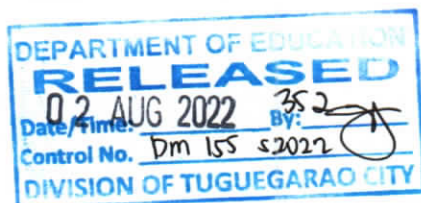
7. "Your simple act of heroism will save lives!"

8. For immediate dissemination.


REYNANTE Z. CALIGUIRAN
Schools Division Superintendent

To be indicated in the Perpetual Index
under the following subject:
communication records
program schools

SGOD/GMD/HNS



SGOD-08-02



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QUALIFICATION AND REQUIREMENTS

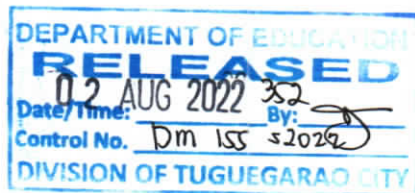
- Generally in good health condition
- Age: 16-65 years old (16-17 y/o needs guardian's written consent)
- Weight: 110 lbs or 50 kgs and above
- Physical examination will be assessed prior to donation

BEFORE DONATION

- Have enough sleep, minimum of 5 hours
- No alcohol intake 24 hours prior to blood donation
- Travel, medication, piercing, and tattoos will be assessed on site
- Have something to eat prior to blood donation , avoid fatty foods

AFTER DONATION

- Drink plenty of fluids like water or 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 followed by warm compress for the next 24 hours
- If there is dizziness, just lie down on a flat surface with feet elevated



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