



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

January 18, 2023

**DIVISION MEMORANDUM**

No. 021, s. 2023

**“DUGO MO, KARUGTONG NG BUHAY KO” BLOOD LETTING ACTIVITY**

To: Assistant Schools Division Superintendent  
Chief, Schools Governance and Operations Division  
Chief, Curriculum Implementation Division  
SDO Personnel  
Elementary and Secondary School Heads  
All others concerned

1. The conduct of blood donation activity held at the SDO conference Hall and at Cataggaman Elementary School Gymnasium has been successful. Forty- five bags were collected that have saved the lives of individuals working in DepEd Division of Tuguegarao City including their families.
2. Relative to this, this Office through the School Governance Operations Division in partnership with Philippine Red Cross Cagayan Chapter will conduct another bloodletting activity with the theme “Dugo Mo, Karugtong Ng Buhay Ko” on January 26-27, 2023 at Tuguegarao West Central School.
3. This activity aims to promote the culture of voluntary blood donation, create awareness and to motivate employees donate blood regularly to save lives.
4. Teaching and non-teaching personnel who are in good health condition are encouraged to participate to this noble activity. They may invite their families, relatives and friends to donate blood for this purpose.
5. Attached is the qualification and requirements of being a blood donor.
6. For information and immediate dissemination

SGOD/GMD/HNS

SGOD-01-40



**REYNANTE Z. CALIGUIRAN**  
Schools Division Superintendent



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**QUALIFICATION AND REQUIREMENTS**

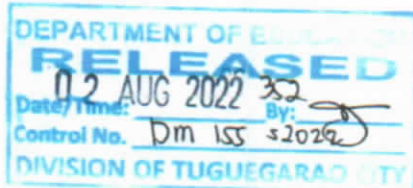
- Generally in good health condition
- Age: 16-65 years old (16-17 y/o needs guardian's written consent)
- Weight: 110 lbs or 50 kgs and above
- Physical examination will be assessed prior to donation

**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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