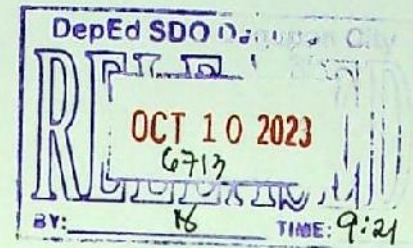


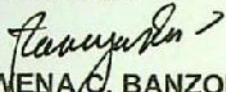
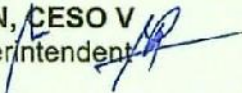


Republic of the Philippines
Department of Education
REGION I
SCHOOLS DIVISION OFFICE DAGUPAN CITY



Office of the Schools Division Superintendent
Division Memorandum
No. 369 s. 2023

To: Assistant Schools Division Superintendent
Chief Education Supervisors
Education Program Supervisors
Public Schools District Supervisors
School Heads
All concerned

From: 
ROWENA C. BANZON, CESO V
Schools Division Superintendent 

Subject: BLOOD DONATION, AN ACT OF ALTRUISM TO PREVENT THE OCCURRENCE OF DEPRESSION AND PROMOTE A HEALTHY AND A HAPPY LIFE

Date: October 9, 2023

1. In line with the celebration of the SDO Dagupan City's 75th Anniversary and World Teachers Day, the SGOD together with the Philippine Red Cross, Pangasinan Chapter will conduct a bloodletting activity on October 17, 2023, Tuesday, at the Division Training Center (DTC) from 8:00AM to 4:00PM.
2. With this, all elementary and secondary teaching and non-teaching personnel are encouraged to find time to donate blood and save lives through this heroic drive.
3. For your information and guidance.



Address: Burgos St., Poblacion Oeste, Dagupan City
Telephone No: (075) 615-2645 | 615-2649
Website: depeddagupan.com
email: dagupan.city@deped.gov.ph





**PANGASINAN CHAPTER
BLOOD SERVICE DEPARTMENT**

Dagupan City Blood Center

Address: Herrero-Perez Boulevard Dagupan City
Contact Number: (075) 632 2472 / 0998.793.9130
E mail Address: prcpangasinanbloodcenter@gmail.com

Urdaneta City Blood Station

Address: Gracia Village Brgy. Nancayasan Urdaneta City
Contact Number: (075) 633 0004
Email Address: prcpangasinanurdanetabranh@gmail.com

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 Program, which works on providing the country with an adequate and safe supply from Volunteer Non remunerated blood donors.

Advantage of Voluntary Blood Donation:

1. Safer and better quality of blood supply. Regular donation from volunteers will help ensure adequacy of blood supply.

Benefit to the Blood Donor:

1. Blood donation stimulates the production of new cells.
2. Personal health check. You will know your blood type and hemoglobin level.
3. Blood donation boosts personal self-worth.

Qualification of a Blood Donor

1. Age : 18-60 years old (61-65, regular blood donor)
: 16-17 years old must have parent's consent
2. Weight : at least 110 lbs (approximately 50 kgs)
3. Blood Pressure : between 90-150 mmHg (systolic)
: between 60-100 mmHg (diastolic)
4. Pulse Rate : 50-100 beats per minute
5. Body Temperature : must not exceed 37 degrees Celsius
6. Hemoglobin levels : will be checked on the day of donation

Male : 135 g/L to 185 g/L
Female : 125 g/L to 180 g/L

7. Medications, travel history, tattoo and piercing to be assessed if qualified to donate

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 donor recruitment officer (BDRO) 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 and volunteers 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 fax or email to us the list of prospective donors.
- ❖ It is advised that the number of prospective donors is set to contribute to the success of the mobile blood donation activity and it must not coincide with other activities such as medical missions and other trainings.
- ❖ Red Cross team will bring the logistics needed i.e. cotbeds, linens etc as well fruit juices necessary for volume replacements 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.
- ❖ At least 1 week prior to the activity, kindly confirm the blood donation event details such as date, time, venue, and final number of prospective donors. We would appreciate an update and/or modifications the soonest time possible. Please coordinate to our blood donor recruitment officer.

Preparations before Blood Donation

1. Have enough rest and sleep.
2. No alcohol intake 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.

Steps in Blood Donation

1. Have your weight taken
2. Answer honestly and completely the donor registration form
3. Have your blood typed and hemoglobin checked
4. The medical team will assess your eligibility to give blood.
5. Actual donation: The phlebotomy procedure would usually take about 10 minutes or less.
6. A 10 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 down 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 a 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, in just a few minutes or so it will pass.

FREQUENTLY ASKED QUESTIONS ON BLOOD DONATION

1. Will donating blood make me weak?

No, it will not make you weak. Donating 450 mL will not cause any ill effect 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 blood?

A healthy individual may donate every three months.

3. Can a person who has tattoo still donate blood?

If the tattooing procedure is done a year ago, he/she may donate. This is also the same with ear piercing, acupuncture and other procedure involving needles.

4. How long will it take to donate blood?

The whole process of donation from the registration up to the time you rest would take approximately 30 minutes.

The blood extraction, will take about 5 to 10 minutes and the volume will be replenished within 24 hours then the cells within weeks. Eventually, by the end of the month, the body will have the same amount of blood before blood donation.

5. Will I contract diseases through blood transfusion?

No, we use sterile, disposable needles and syringes.

BLOOD DONORS CARD

Every volunteer blood donor will be given a Blood Donors Card. This card may be used as a record of blood donation. However, this card does not served to exempt the holder from paying the processing fee. This is intended to cover the cost of the reagent and operating expenses used to collect and screen all the donated blood for infectious diseases.

HOW TO AVAIL BLOOD FROM PRC?

1. Kindly get a blood request form from the hospital where the patient is admitted. The following details are needed:
 - ❖ Full name of the patient
 - ❖ Age, Sex, Status
 - ❖ ABO Blood and Rh type
 - ❖ Blood component needed
 - ❖ Amount/ Number of units needed.
 - ❖ Diagnosis / Indication for transfusion
 - ❖ Printed name and Signature of the requesting physician
2. Bring the blood request form and ice box with ice to the nearest Red Cross Blood Facility.
3. Pay the blood processing fee – payment for the processing and screening of blood units of the patient. The cost will depend on the blood component needed.

4. Immediately bring the blood dispensed by Red Cross to the laboratory of the hospital.

PARTNERSHIP WITH PHILIPPINE RED CROSS PANGASINAN CHAPTER

- As a premier humanitarian organization, Red Cross has an established network of blood services facilities all over the Philippine for faster referral of patients in need of blood units.
- Red Cross can support all external partners in strengthening the blood donor recruitment strategies thru standardize pep talks and orientation.
- Blood donation partnership can integrate with other Red Cross Services and programs such as first aid lecture demo, disaster resiliency, health promotion etc.
- Based on the output of your mobile blood donation activity, blood referral for your indigent patient can be easier to access thru your blood allotments.





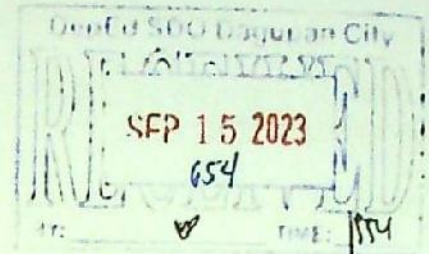
PHILIPPINE RED CROSS
PANGASINAN
 DAGUPAN CITY - SAN CARLOS CITY CHAPTER
Blood Services

Yes!

September 13, 2023

DR. ROWENA C. BANZON
 Schools Division Superintendent
 Department Of Education
 City of Dagupan

BLOOD CENTER | PANGASINAN | DAGUPAN CITY
 (075) 632.2472 (0998.791.9130) (019.983.1887)
 URDANETA CITY BRP - BCU-88 | GRACIA VILLAGE, NANCAYASAN, URDANETA CITY
 (075) 633.0004 (0998.898.2465)
 SAN CARLOS CITY BRP - BCU-88 | CONRBI COMPLEX, SAN CARLOS CITY, PANGASINAN
 (075) 632.2804 (0998.894.6207)
 EMAIL ADDRESS | pangasinan@pccr.org.ph
 WEBSITE | www.pccr.org.ph



ATTENTION: **Dr. Maria Linda R. Ventenilla**

Dear **DR. BANZON**,

Greetings from the Red Cross!

Blood Services is one of the Six Major Services of the Philippine Red Cross that operates with accordance to the policies and standards guided by the Republic Act of 7719 which enables beneficiaries to access adequate, sustainable and safe blood supply.

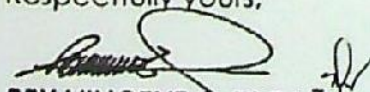
In celebration of **WORLD TEACHERS' DAY** with the theme "Empowering Educators: Strengthening Resilience, Building Sustainability. We, from the Red Cross, would like to commemorate this momentous day with you, through a series of clustered blood donation in key areas where our potential and regular donors can share their precious blood.

The said activity is timely and vital during this season where number of **DENGUE** cases is increasing at a fast rate, affected are the young ones. The realization of this noble cause will not be possible without your intervention, let us create hand in hand an avenue where we can save lives, together, let us empower our educators to be a role model to our community and students.

Should you wish to discuss some important matters, we'd be grateful to have a sit-down meeting with you at your most convenient time. Kindly contact us at Telephone Nos. 632.24.72 or 0998 957 8552 and look for Mr. Raymund P. Lim, our Blood Donor Recruitment Officer.

As partners in serving the most vulnerable in our society, we are anticipating for your favorable response to our request. Your heartfelt support will go a long way in alleviating the suffering humanity.

Respectfully yours,


REX VINCENT C. ESCAÑO
 Officer-In-Charge