

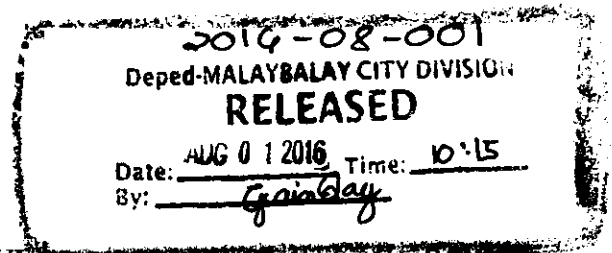


Department of Education
Region X- Northern Mindanao
DIVISION OF MALAYBALAY CITY



DIVISION ADVISORY

TO: Chief Education Supervisors and staff- CID and SGOD
Elementary /Secondary School Heads
All Others Concerned
This Division



FROM: *[Signature]*
EDILBERTO L. OPLENARIA, CESO VI
41 Schools Division Superintendent

DATE: July 29, 2016

Subject: **SCHEDULE OF 2016 DIVISION BLOOD LETTING ACTIVITY**

1. This Office informs everyone re: **SCHEDULE OF 2016 DIVISION BLOOD LETTING ACTIVITY** among teaching and non teaching personnel on August to September 2016. This undertaking supports the Regional Office program and Philippine Red Cross : Dugong Guro Dugong Bayani Alay Ko ,Buhay Mo! which promotes the spirit of Volunteerism among and non teaching personnel as part of the World Teachers' Day celebration on October 5, 2016.

2. An orientation and initial screening of voluntary donors on this blood-letting program shall be performed by Division Health personnel and Philippine Red Cross (Bukidnon Chapter) representatives, prior to the conduct of the blood-letting activity. It is advised that Donors shall be preferably 50 years old for first time donors, with normal vital signs, body mass index and has passed the physical and health history assessment. Enclosed are information and communication materials for your information and guidance.

3. The Schedule of the blood-letting activity shall be undertaken to wit:

Date	DISTRICTS	VENUE
August 5, 2016	DISTRICT 1 MORNING	Sumpong Central School
	DISTRICT 2 AFTERNOON	
August 12, 2016	DISTRICT 3 MORNING	District Office Multipurpose Hall, M CCS
	DISTRICT 4 AFTERNOON	
August 26, 2016	DISTRICT 5 MORNING	Casisang Central School
	DIVISION OFFICE AFTERNOON	
September 2, 2016	DISTRICT 6 MORNING	Bangcud National High School
	DISTRICT 7 AFTERNOON	
September 16, 2016	DISTRICT 8 MORNING	Managok Central School
	DISTRICT 9 AFTERNOON	
September 23, 2016	DISTRICT 10 MORNING	Zamboanguita Central School

4. Widest dissemination and appropriate action is enjoined.

Who can donate blood?



- Individuals who are in good health, ages 16 to 65 years old (16 and 17 years old need parental consent)
- Weigh at least 110 pounds
- Have a blood pressure between:
Systolic: 90-160 mmHg,
Diastolic: 60-100 mmHg
- Passed the physical and health history assessments



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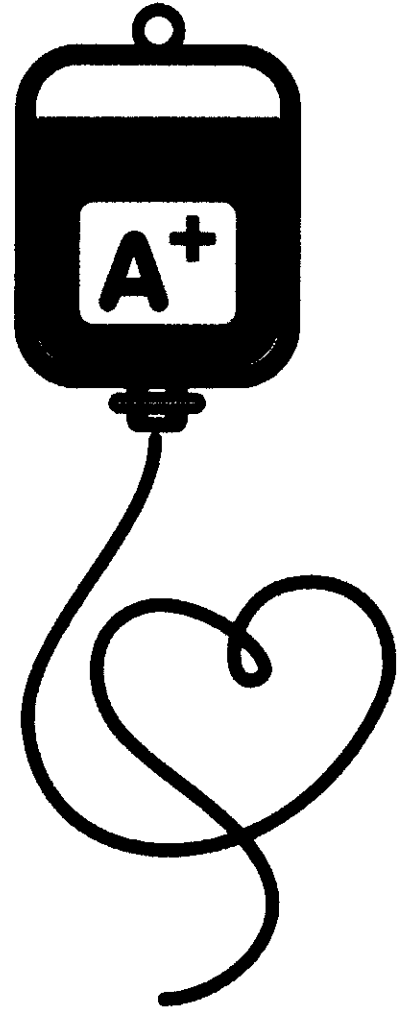


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**A person
aged 16 to 65 can
donate blood every
3 months**



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How to donate blood?



Preparations before donating blood

1. Have enough rest and sleep.
2. Don't drink alcohol 24 hours prior donating blood.
3. No medications intake for at least 24 hours prior donating blood.
4. Make sure you have eaten, but avoid fatty food.
5. Drink plenty of fluids, like water or juice.

Steps in donating blood

1. Have your weight taken.
2. Register and honestly complete the donor registration form.
3. Have your blood type and hemoglobin checked.
4. A physician will conduct a blood donor examination.
5. The amount of blood to be extracted (either 350cc or 450cc) will depend on the donor's weight and blood pressure. It usually takes 10 minutes or less.
6. A 5 to 10 minute rest and plenty of fluid intake are necessary after donation.



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What to do after **blood** donation?



1. Drink plenty of fluids, like water or juice.
2. Refrain from stooping down after blood donation.
3. Avoid:
 - a. Lifting heavy objects
 - b. Driving big vehicles such as buses, trucks, etc
 - c. Operating big machines
4. Do not use the punctured arm in lifting heavy objects.
5. Apply pressure on the punctured site and elevate the arm in case the site is still bleeding.
6. If there is discoloration and swelling on the punctured site, apply cold compress for 24 hours.
7. In case of dizziness, lie down with your feet elevated.



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