



Republic of the Philippines
Department of Education
REGION XI
SCHOOLS DIVISION OF DAVAO DE ORO



Office of the Schools Division
Superintendent

July 11, 2023

DIVISION MEMORANDUM
No. **592**, s. 2023

**PROJECT B.L.O.O.D. – BLOOD LETTING OPERATION THROUGH OPEB BLOOD
DONATION**

TO : District Schools Heads (Pantukan North and South District)
Elementary and Secondary School Heads
School District Disaster Risk Reduction Management Coordinators (Pantukan North
And South)
Secondary (Main school) DRRM Coordinators (Pantukan North and South)
Concerned SGOD personnel

1. In celebration of the National Disaster Resilience Month with the theme **BIDANG PILIPINO: "Building Stronger Filipino Well-Being Towards Disaster Resilience"** the Department of Education, Schools Division of Davao de Oro in coordination with the Provincial Health Office of Davao de Oro and Pantukan North and South Districts will hold a blood donation activity entitled **"Project B.L.O.O.D."** (Blood Letting Operation through Open Donations), a mobile blood donation program initiated by the Office of Schools Division Superintendent thru the Disaster Risk Reduction Management Service to help address the low supply of safe blood products.
2. All qualified teaching and non-teaching personnel are hereby enjoined to a voluntary blood donation at Pantukan South District Mini Gym, Pantukan, Davao de Oro on July 21, 2023 at 8:00 a.m. to 12:00 p.m.
3. Enclosed herewith are the blood donation safety protocols during pandemic for your reference.
4. Transportation and other incidental expenses will be charged to Division/school MOOE or any local funds, subject to the usual accounting rules and regulation.
5. For further inquiry, please contact Project Development Officer II/Division DRRM Coordinator Mr. Joel S. Jumalon at CP No. 09271357315 or email at drmm.davaodeoro@deped.gov.ph.
6. Immediate and wide dissemination of this Memorandum to all concerned is desired.

By the authority of the
Schools Division Superintendent:

NORBERTO S. MANLANGIT, CE, MPA
Administrative Officer V
Officer-In-Charge



Address: Capitol Complex, Brgy. Cabidanan, Nabunturan, Davao de Oro
Contact No. 0951-387-1728 (TNT); 0915-399-7779 (Globe)
Email Address: davaodeoro@deped.gov.ph
Website: www.depeddavaodeoro.ph

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A Blood Donor Must

- Be in good health
- Be between 16-65 years old (Donors 16-17 years old need parental consent)
- Weigh at least 110 pounds
- Pass the physical and history screening

Before Donating

- Have enough rest and sleep, at least 5-6 hours
- Disclose any physical symptom such as coughs, colds, fever, rashes or any open wounds
- Be honest about existing medical conditions, previous illnesses or medications taken
- Disclose any foreign travel or travel to provinces within the past year
- Reveal any tattoo or ear piercing (must be 1 year from time of donation)
- Eat prior to donation, avoiding fatty foods
- Drink plenty of fluids like water or juice

After Donating

- Drink plenty of fluids like water or juice
- Refrain from stooping down
- Refrain from strenuous activities like: lifting heavy objects, exercising, operating heavy machinery
- Avoid using the punctured arm in lifting heavy objects
- Apply pressure on the punctured site and lift the arm in case the site is still bleeding
- If discoloration or swelling develops on the punctured site, apply cold compress for the first 24 hours followed by warm compress for the next 24 hours
- If you feel dizzy or nauseous, lie down with your feet elevated. Loosen tight clothing and drink fluids. It should pass after a few minutes

Blood Donation FAQs

How often can a person donate?

A healthy individual may donate every three months.

Will donating blood make a person 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.

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.

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.

Will I contract disease through blood donation?

No, we use sterile, disposable needles and syringes.

What are the Benefits of Donating Blood?

Blood donors aren't called heroes for anything. The number one benefit of donating blood is knowing your blood will be instrumental to saving someone's life. Donating also allows you to know your blood type and get examined by a doctor.