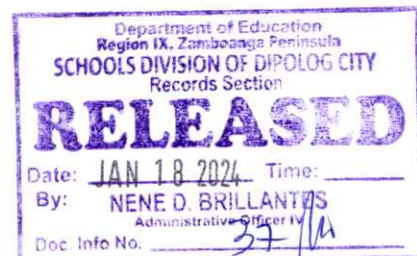




Republic of the Philippines
Department of Education
REGION IX, ZAMBOANGA PENINSULA
SCHOOLS DIVISION OF DIPOLOG CITY



18 January 2024

DIVISION MEMORANDUM

No. 37, s. 2024

**“DUGO KO, KINABUHI MO” MOA SIGNING
AND MOBILE BLOOD DONATION DRIVE**

To: **All Elementary and Secondary Public Schools
All Public Schools District Supervisors
All Division Personnel
This Division**

1. In partnership with the Philippine Red Cross – Zamboanga del Norte Chapter, the division will launch the “Dugo Ko, Kinabuhi Mo” program. A mobile blood donation activity for all division personnel every three (3) months will help provide ready availability of blood for every personnel anytime and anywhere.
2. **As such, all division personnel are encouraged to donate blood during our drive campaign on 10 February 2024, Saturday, 08:00 a.m. – 03:00 p.m. at AQUMATSHS Olingan, Dipolog City.**
3. Personnel who wished to donate blood and save a life may register at this link <https://bit.ly/DugoKoKinabuhiMoProgram>. One (1) day of service credit and COC will be given to those brave personnel who will donate and the working team.
4. If you have clarification, you may contact our Bloodletting Coordinators Dr. Balagbasan and Dr. Tabiliran, and/or Social Mobilization and Networking Section.
5. Immediate and widest dissemination of this memorandum is desired.

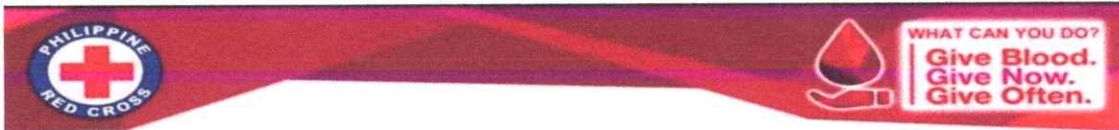

MA. LIZA R. TABILON EdD., CESO V
Schools Division Superintendent



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PRE-DONATION: CRITERIA

-Must be in good health condition

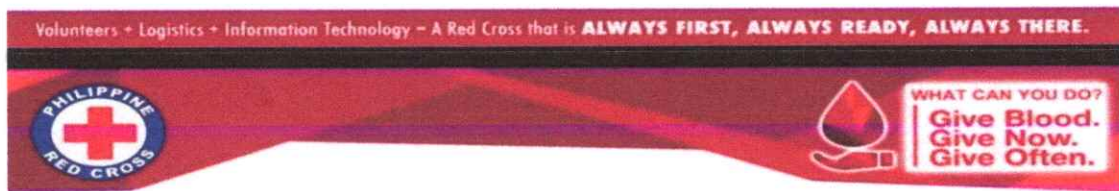
-Age:

- Minor (16-17 y/o) –Guardian’s written consent needed
- 18-60 y/o – Generally acceptable to donate.
- 61-65 y/o – Must’ve donated once, before 61st birthday.

-Weight : 110 lbs / 50 kg and above

-Blood Pressure : 90 / 60 mmHg to 160/100 mmHg

-Females with **monthly period** are accepted to donate provided that they passed the Hgb check



- No alcohol intake within 12 hours
- Medications will be assessed by PRC Physician
- Have an **at least 5 hours of quality sleep**
- Eat adequate meal. Avoid **fatty food**
- Travel:

Malaria endemic area:

months and more: 1 year deferred

-Stayed less than 6 months: 6 months deferred

Zika endemic countries: 1 month deferred

-Drink plenty of **fluids.**

(We advise to drink 1 glass of water before donation)



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POST DONATION

- Remain and rest to bleeding bed for at least 10-15 mins.
- Drink plenty of fluids especially juices
- Avoid strenuous activities within 24 hours
 - No lifting of heavy objects
 - No sports or workouts
- Report any conditions you are experiencing



Volunteers + Logistics + Information Technology = A Red Cross that is **ALWAYS FIRST, ALWAYS READY, ALWAYS THERE.**



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