



Republic of the Philippines  
**Department of Education**  
SOCCSKSARGEN REGION  
SCHOOLS DIVISION OF SARANGANI

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29 Aug 2025

**DIVISION MEMORANDUM**

No. **137** , s. 2025

CONDUCT OF BLOODLETTING ACTIVITY IN CELEBRATION OF THE  
32<sup>nd</sup> FOUNDING DEPED SARANGANI ANNIVERSARY

To: Assistant Schools Division Superintendent  
Functional Division Chiefs  
Education Program Supervisors/Coordinators  
Public Schools District Supervisors /Principals In-Charge  
Public Elementary and Secondary School Heads  
All Teaching and Non-Teaching Employees  
This Division

1. In celebration of the 32<sup>nd</sup> Founding Anniversary of DepEd Sarangani, the Schools Division Office, in partnership with the Philippine Red Cross, General Santos City Chapter, will conduct a Bloodletting activity with the theme **“DUGO MO, DUGTONG NG BUHAY KO”**
2. The activity will be held on September 6, 2025, at the Division Office Conference Room, starting at 7:00 AM.
3. In line with this, all Municipalities per District are required to ensure at least ten (10) volunteer donors from their respective teaching and non-teaching personnel to participate in this humanitarian activity. District Nurses will facilitate the list of volunteer donors in their respective districts and submit it to the Division School Health Section three (3) days before the activity.
4. This endeavor aims to promote the spirit of volunteerism and compassion among DepEd personnel while extending life-saving assistance to those in need.
5. Enclosed the Red Cross Mobile Blood Donation Activity Advisory.
6. For inquiries, contact Dr. Lyn Frances Dominique P. Gumban at 09182276157 or Estylinda G. Tudayan at 0908-810-8005.
7. The widest dissemination of this Memorandum is desired.

**RUTH L. ESTACIO PhD, CESO V**  
Schools Division Superintendent



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Encl.: As stated

Reference: N o n e

To be indicated in the Perpetual Index  
under the following subjects:

**PROGRAMS**

AAD/SGOD/DM – conduct of bloodletting activity in celebration of the 32nd founding deped sarangani anniversary  
0804/August 29, 2025



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**Philippine Red Cross- GenSar Chapter**  
City Hall Compound, General Santos City  
(083) 5524342  
Mobile #: 09257327677

**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 Services, which works on providing the country with an adequate and safer blood supply from volunteer, non-remunerated blood donors.

- **Advantages 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 production of new cells, similar to the principles of "change oil mechanism".
2. Personal health check. You will know your blood type and hemoglobin.

... Blood donation boosts personal self-worth

- **Qualifications of a Blood Donor**

- |                   |   |   |
|-------------------|---|---|
| 1. Age            | - | New 18 -60 -years old (before 61 <sup>st</sup> bday)    |
|                   | - | Regular 18 -70 years old (before 71 <sup>st</sup> bday) |
|                   |   | 16-17 yrs old with parent's consent                     |
| 2. Weight         | - | at least 115 lbs (approximately 53 kg)                  |
| 3. Blood Pressure | - | between 90 - 140 mmHg (systolic)                        |
|                   | - | between 60 - 100 mmHg (diastolic)                       |



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4. Pulse Rate	-	50 – 100 beats per minute
5. Body Temperature	-	must not exceed 37 degrees Centigrade
6. Hemoglobin	-	125 g/L (12.5 g/dL)

- Before the actual blood donation

Red Cross may provide 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 Service Representative/s 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 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 mail to us the list of prospective donors before the activity.
- ❖ It is advised that the number of prospective donors is set to contribute to the success of the activity and it must not coincide with other activities such as medical missions and other trainings.
- ❖ Red Cross will bring the logistics needed, i.e. cotbeds, linens, etc., as well as fruit juice necessary for volume replacement 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 a week prior, kindly confirm the blood donation event details such as date, time, venue and the final number of prospective donors. We would appreciate an update and/or modifications the soonest time possible. Please coordinate with the blood service representative/s.



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**Preparations before donating blood**

1. Have enough rest and sleep.
2. No alcohol intake 24 hours prior to blood donation.
3. No medications for at least 24 hours prior to blood donation.
4. Have something to eat prior to blood donation, avoid fatty foods.
5. Drink plenty of fluid like water or juice.
6. For vaccinations, please consult with the Red Cross Team prior to conduct of activity

**Steps in donating blood**

1. Have your weight taken.
2. Register honestly and completely the donor registration form.
3. Have your blood type and hemoglobin checked.
4. A physician will examine and determine an individual's eligibility to give blood..
5. Actual donation. The phlebotomy procedure would usually take about 10 minutes or less.
6. A 5 to 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 discoloration and swelling on the punctured site, you may apply cold compress within the first 24 hours then hot 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.