



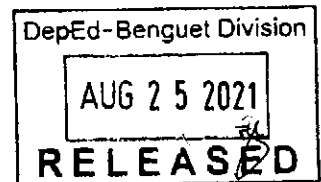
Republic of the Philippines
Department of Education
Cordillera Administrative Region
Schools Division of Benguet

August 23, 2021

DIVISION MEMORANDUM

No. 331 s. 2021

TO: Office of the Schools Division Superintendent
School Governance and Operations Division
Curriculum Implementation Division
ALL others concerned



NATIONAL VOLUNTARY BLOOD SERVICES PROGRAM (NVBSP)

1. In support to the implementation of R.A. 7719 (National Blood Services Act of 1994) An act promoting for an adequate supply of safe blood, regulating blood banks, and providing penalties for violations thereof, the Schools Division of Benguet is taking part of this national advocacy.
2. In the wake of ongoing COVID-19 pandemic, blood transfusion services and blood banks are struggling to cope up with the unforeseen challenges in the disequilibrium of storage of blood products at various blood banks across the world is more so because of a decline in supply (reduced blood donations) than an increase in demand (more requirement).
3. In connection, the BGHMC Mobile Blood Donation Drive (MBD) will be conducting blood donation advocacies to actual blood collection from qualified and sympathetic constituents on **Sept 3, 2021 (Friday) at SDO – Adivay Hall** while strictly observing SDO Memo No. 103 s. 2021, *Safety and Health Protocols in the Office and Schools* and the LIATF protocols. The day also raises awareness of the need for regular blood donations, to ensure that those who need it have access to supplies of safe and quality-assured blood and blood products.
4. Blood transfusion services hold the prime location and ensure smooth functioning of all elective and urgent surgical interventions of various emergency, severe dengue cases, obstetric and the cancer patients throughout. These makes regular blood donation so essential. All personnel who will successfully donate blood will be entitled to one-day service credit/CTO.
5. Enclosed to this memo is the initial list of blood donors & FAQs on blood donation.
6. Immediate dissemination and compliance to this memorandum is desired.


GLORIA B. BUYA-AO
Schools Division Superintendent

SGOD/Health&Nutrition/MGM



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Enclosure to SDO Memo _____

1	Mary Grace Matias	SGOD	16	Cesar B. Luma-ang	SGOD
2	Nover B. Singgangan	OSDS	17	Denver E. Sin-ot	SGOD
3	Arvin Doman	SGOD	18	Michico Dagdagen	SGOD
4	Cliftone Bangse-il	SGOD	19	Lucio B. Alawas	SGOD
5	Stephen Bulalin	SGOD	20	Greg Garcia	SGOD
6	Merlyn Conchita O. De Guzman	CID	21	Rochelle S. Cuyan	OSDS
7	Warden A. Baltazar	CID	22	Kareen Villegas	OSDS
8	Roger T. Acosta	OSDS	23	Jayferd Pulac	OSDS
9	Roma Kier Dungaia	OSDS	24	Ryan Siano	OSDS
10	Nadia Ossic	OSDS	25	Abraham Ulep	SGOD
11	Errol Alico	OSDS	26	Marcelino Samonte	SGOD
12	Jerry Kiong	OSDS	27	Joane Bumanghat	SGOD
13	Francisca Aroco	OSDS	28	Shelby Sangao	SGOD
14	Florabel Buclay	OSDS	29	Rollen Guivac	SGOD
15	Elvernice S. Fangod	SGOD	30	Paz Killase	SGOD

***Walk-ins are welcome! Come early and get screened.**

Who can donate blood?

- If you are between 18 years of age and above
- in good health
- Weigh at least of 50kg for males or 45kg for females; and,
- With good blood pressure.

How long does it take to replenish the donated blood?

Ans: The human body replenishes the blood volume within 24 hours. Red blood cells are replaced within 3 to 4 weeks and the lost iron in 6 to 8 weeks.

How often can you donate blood?

Ans: Each person can donate regularly. Men can donate every 3 months and women, every 4 months.

Before donating blood, make sure you:

- Drink enough water
- Get enough rest
- Avoid smoking and drinking alcohol
- Avoid heavy physical activity
- Eat enough food rich in iron and protein

Answer more of your FAQs on our Division School health FB page: <https://bit.ly/SDObenguetFBschoolhealth>



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