



Republic of the Philippines
Department of Education
REGION V (BICOL)

SCHOOLS DIVISION OFFICE OF IRIGA CITY

Office of the Schools Division Superintendent

March 10, 2022

DIVISION MEMORANDUM

NO. 48, s.2022

**VOLUNTARY PARTICIPATION IN THE DUGONG IRIGENŌ: BLOOD LETTING
ACTIVITY BY DEPED IRIGA AND PHILIPPINE RED CROSS-CAMARINES SUR
CHAPTER**

TO: Assistant Schools Division Superintendent
Chief ES, SGOD& CID
Education Program Supervisors
Public School District Supervisor
Elementary and Secondary School Heads
All Elementary, Junior and Senior High School Teachers
All Non-Teaching Personnel
All Others concerned

1. Blood is a vitally important fluid for the body. In support to the Philippine Red (PRC), Camarines Sur Chapter on its Blood Donation Campaign, Department of Education Iriga will conduct a Blood Letting Activity at Gabaldon Building Iriga Central School on March 17, 2022 which will start 8:00 am in the morning.
2. Prior to the blood letting activity there will be a blood donation program symposium on March 15, 2022, at 1PM to 5PM by the Disaster Risk Reduction and Management Unit, in partnership with the Health and Nutrition Section. It will be conducted via zoom meeting.

Meeting ID: 839 4525 2075
Password: LIFESAVER
3. Teaching and Non-Teaching personnel who are in good health condition are encouraged to participate in the said activity.

Who can donate blood?

- a. Are between 16 to 65 years old





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- b. Weigh at least 50 kg
 - c. Have a blood pressure between: Systolic: 90-160 mmHg,
Diastolic: 60-100 mmHg
 - d. Pass the physical and health history assessments during the
screening
4. Please contact Nurse Johann Rey Sadang at 09073214001 for more
details.
 5. For information and guidance of all concerned.

DANILO E. DESPI
Schools Division Superintendent

