MEMORANDUM No. 205 s. 2017

TO : - Digos Oriental and Occidental Public Schools District Supervisors
      - Elementary and Secondary School Administrators
      - Senior High School Administrator
      - All Division Office Personnel

FROM : DEE D. SILVA, DPA, CESO VI
      Schools Division Superintendent

For and in the absence of the Schools Division Superintendent:

Beverlos Daugdaug, Ed.D.
Chief, CID
Officer-In-Charge

SUBJECT : BLOOD LETTING ACTIVITY

DATE : March 24, 2017

1. This Division will conduct the first Blood Letting Activity on March 31, 2017 at
   8:00 AM at the ALS Building, Digos City Division Office, in partnership with the
   Philippine National Red Cross Davao del Sur Chapter.

2. Teaching and non-teaching personnel who are interested and willing to donate
   blood must be:
   a. Healthy in the sense that he/she:
      - is a non-smoker
      - has no medication maintenance (High Blood Pressure, Diabetes and
       others).
   b. No fever, colds and cough.
   c. Well-rested with at least 8 hours of sleep a day before the conduct of the
      activity.

3. Screening before the activity will be done to ensure if he/she can be a blood
   donor.

4. For teachers, it is expected that there should be a classroom/subject filler
   arranged with the School Head.

5. Qualified blood donors, who participate in the activity on official time, are
   advised to rest after blood extractions; while those who are not qualified after
   screening are advised to return to their respective stations.

6. For information.