



January 22, 2021

Division ADVISORY  
No. 008 , s. 2020

**VOLUNTARY BLOOD DONATION**

1. The National Voluntary Blood Services Program is one of the public health programs greatly affected by the COVID-19 pandemic, blood collection remained low and as a result some patients were refused admission or referred to other facilities.
2. In lines with this, the Department of Health is calling for more voluntary blood donors to share their time by donating to the nearest blood collection unit and encouraging respective offices to organize regular mobile blood donation activities.
3. Attached is the list of Blood Service Facilities and basic information on blood donation.
4. For information and wide dissemination.

**JOSITA B. CARMEN, CESO V**

Schools Division Superintendent



# YOUR SAFETY IS OUR PRIORITY

OUR BLOOD SERVICE FACILITIES ADHERES TO SAFETY STANDARDS TO ENSURE A COVID-FREE BLOOD DONATION.

ADELA SERRA TY MEMORIAL  
MEDICAL CENTER-BLOOD BANK  
TANDAG CITY, SDS

0999-423-6258  
(086) 214-5988

CARAGA REGIONAL  
HOSPITAL-BLOOD BANK  
SURIGAO CITY, SDN

0946-720-1740  
0946-745-3022  
(086) 826-9915

PHILIPPINE RED CROSS ADN-  
BUTUAN CITY BLOOD CENTER

0998-579-6355  
(085) 342-8521

PHILIPPINE RED CROSS ADS  
BLOOD COLLECTING UNIT  
PROSPERIDAD, ADS

(085) 343-7195  
0949-991-9443

PHILIPPINE RED CROSS SDS  
BLOOD COLLECTING UNIT  
TANDAG CITY

(0951) 817 6069  
(086) 211 3191



DOH CENTER FOR HEALTH DEVELOPMENT-CARAGA

## Who receives blood?

From a single blood donation there are 3 main components that can be derived. Each component will be used for specific patient need.

The people who can benefit from your donated blood are:

- patients suffering from severe blood loss
- leukemia patients
- hemophilia patients
- mothers giving birth with complications
- major trauma patients
- transplant patients, etc.

## How often can a person donate blood?

The minimum interval between 2 donations is 12 weeks (3 months). This interval allows our body to restore its iron stock.

## Where can I donate?

Share your blood at the following:

Blood Service Facilities (BSF):

- Philippine Blood Center
- DOH Hospitals (BSF)
- Philippine Red Cross (BSF)
- LGUs/NGOs (BSF)

During various mobile blood donation activities in:

- Community
- Participating government organizations
- Private Kabaliklat agencies

Safe blood can only come from people like you who can share blood and time for others.

**So give love...  
Share your blood at the**

### National Voluntary Blood Service Program

Ground Floor Building 19 (Old BRL)  
Department of Health, San Lazaro Compound

Rizal Ave., Sta. Cruz, Manila

Tel#: (02) 731-8675, 743-8611, 741-1447


Trunkline: 651-7800 loc. 2900,2901

Website: [www.nvbsp.com](http://www.nvbsp.com) or you may visit the Blood Service Facility nearest you.

For more information, call or text:



Funded by:

 The Glahal Fund



Basic Information about

**Voluntary  
Blood Donation**

**Give Blood...  
Make it a Habit.**

Memorandum No. 2 to Regional Memorandum No. 097 (2021)

Human blood for transfusion is the only form of treatment that cannot be commercially manufactured. It is only possible if blood from kindhearted people is available. Blood donors are considered modern heroes who care enough to spend time to share their blood in order to save another person's life.



## Who can donate?

Basic requirement of a potential blood donor:

Weight: At least 110 lbs. (50 kgs.)

\* blood volume collected will depend mainly on your body weight.

Pulse rate: Between 60 and 100 beats/minute with regular rhythm

Blood Pressure: between 90 and 160 systolic and 60 and 100 diastolic

Hemoglobin: At least 125g/L

- You will be examined by a physician.
- A small sample of your blood will be taken to check your blood type and hemoglobin level.

Screening and selection procedures will usually take about 10-15 minutes. You are encouraged to give accurate information for your own safety and that of the recipient. All information gathered will be treated with utmost confidentiality.

## B. During Blood Donation

- You will be asked to lie down on the blood donor's couch for blood collection to be done by skilled phlebotomist.
- The amount of blood which will be taken will be determined by a physician. It will depend mainly on your body weight and does not exceed 450 ml.
- This will take another 10-15 minutes.

## C. After Blood Donation

- You will be advised to rest for 10 more minutes.
- Beverage and simple snacks will be served.
- Post-donation education and counseling will be given by a trained professional staff.
- You will be advised to drink more fluids.
- The volume of fluid taken is completely replaced by the body within 24 hours.

## What are the reasons why a person cannot donate blood?



There are certain conditions that prevent a person from donating blood temporarily or permanently.

Among the temporary conditions are:

- pregnancy
- acute fever
- recent alcoholic intake
- ear or body piercing and tattooing
- recent surgery

Persons with the following conditions are never allowed to donate blood:

- Cancer
- cardiac disease
- severe lung disease
- hepatitis B and hepatitis C
- HIV Infection and other Sexually Transmitted Infections (STI)
- high risk occupation (e.g. prostitution)
- unexplained weight loss of more than 5kg. over six months
- chronic alcoholism
- Other conditions or diseases stated in the Guide to Medical Assessment of

## Steps on how to donate blood:

### A. Before Blood Donation

- You will be asked to fill up a Donor's Form upon arrival at the blood collection site.
- Questions regarding your health history will be asked by a trained professional staff.
- Pre-donation education and counseling will be given by a trained professional staff.
- Your weight, blood pressure, pulse rate and temperature will be checked.