



Republic of the Philippines
Department of Education
REGION IV-A CALABARZON
SCHOOLS DIVISION OF IMUS CITY

20 Apr 2026

DIVISION MEMORANDUM

No. 210, s. 2026

BLOOD LETTING ACTIVITY

To: OIC-Assistant Schools Division Superintendent
OIC-CID Chief Education Supervisor
OIC-SGOD Chief Education Supervisor
School Heads/OICs (All Public Schools)
All Others Concerned

1. Attached is the Office of the City Administrator Memorandum Order No. OCA-MO-2026-04-017, titled "Blood Letting Activity", scheduled on April 19, 2026, from 10:00 AM to 3:00 PM, at the 2nd Floor Activity Center, The District Mall, Imus City, provided for your information and guidance.

2. All volunteers are advised to review the donor qualifications and preparation guidelines outlined in the memorandum prior to donating.

3. For any questions or clarifications, please contact Mr. Anthony D. Bungay, Project Development Officer II (DRRM), at (046)-419-8450 to 53 local 227.

4. For immediate dissemination.

Digitally signed by
Lito A. Palomar
Date: 2026.04.18
Time: 05:50:07 +08:00

LITO A. PALOMAR

Assistant Schools Division Superintendent
Officer-In-Charge
Office of the Schools Division Superintendent

Encl.: As stated

Reference: As stated

To be indicated in the Perpetual Index

under the following subjects:

RECORDS

SAFETY EDUCATION

SGOD-DRRM/ 16 April 2026



Republic of the Philippines
Province of Cavite
City of Imus

OFFICE OF THE CITY ADMINISTRATOR

MEMORANDUM ORDER NO: OCA-MO-2026-04-017

14 APRIL 2026

**TO : DEPARTMENT/ UNIT HEADS,
EMPLOYEES AND JOB ORDER PERSONNEL**

PLTCOL. CHEY CHEY I. SAULOG
Acting PNP Chief – Imus Philippine National Police

FC/INSP. HAYCEELINE M. OBLIGAR
Imus City Fire Marshal

SJ04 ELVIE A. DELA CRUZ
*City Jail Warden (Female Dormitory)
Bureau of Jail Management and Penology*

JC/INSP CHARLES KENNETH M. MAQUERA
*City Jail Warden (Male Dormitory)
Bureau of Jail Management and Penology*

DR. LITO A. PALOMAR
*OIC - Schools Division Superintendent
Department of Education – Division of Imus City*

PASTOR RAFAEL P. GAMIS
City Chaplain

SUBJECT : BLOOD LETTING ACTIVITY

The **Office of the City Disaster Risk Reduction and Management Officer (OCDRRMO)** in partnership with the **Philippine Red Cross – Cavite Chapter**, will be conducting a **Blood Letting Activity** on **Sunday, 19 April 2026** from **10:00 AM to 3:00 PM** at the **2nd Floor Activity Center, The District Mall, Imus City**.

The OCDRRMO would like to encourage volunteers from the City Government of Imus to participate in this activity. Through this, we can ensure a safe, adequate, accessible and available blood supply for our patients.

Please see below the qualifications of a blood donor and the needed preparations prior to donation.

Qualifications of a Blood Donor:

1. Age: 18 – 59 years old (17 years old with written parental consent)
2. Weighs: 52 kgs and above
3. Blood Pressure: 110-130 mmHg (systolic), 7-90 mmHg (diastolic)
4. Pulse Rate: 70-90 beats per minute
5. Hemoglobin: 13.0 (F) - 13.5 g/dL, (M) - 17.3g/dL
6. Body Temperature: without fever

Preparation before Donation:

1. Must have enough sleep (6-8 hours of sleep – sleep at night)
2. No alcohol intake for the last 24 hours
3. No medications taken for the last 24 hours
4. Eat enough meal prior to blood donation, avoiding fatty food
5. Drink plenty of fluids, example water or juice
6. Have not smoke for about 3-4 hours prior to donation
7. Last menstrual period for women: 7 days before and 7 days after can donate blood
8. Bring one valid ID with picture

Should you have any questions or need further assistance, you may contact **Ms. Faye Abigael Tangcoy** of the OCDRRMO at 0939 912 0889, or through PABX 206.

Thank you for your usual support.


LAURO D. MONZON
City Administrator