



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

3 Dec 2025

DIVISION MEMORANDUM
No. 758, s. 2025

**CONDUCT OF BLOODLETTING ACTIVITY BY THE
LIGA NG MGA BARANGAY SA IMUS (LNB)**

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 letter from the City Government of Imus re: Bloodletting Activity by the *Liga ng mga Barangay sa Imus (LNB)* for information and guidance.
2. Participation in the bloodletting activity is highly encouraged.
3. For inquiries and clarifications, please email Dr. Gian Paul G. Creencia, Medical Officer III, at gian.creencia@deped.gov.ph.
4. Immediate dissemination of this Memorandum is earnestly desired.

Digitally signed by
Mendoza Homer
Napenas
Date: 2025.12.03
05:45:32 +08:00

HOMER N. MENDOZA

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 subject:

PROGRAMS

sgod/gpgc/11-27-2025



Address: Toclong I-C, Imus City, Cavite
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Email Address: imus.city@deped.gov.ph
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Republic of the Philippines
Province of Cavite
City of Imus

OFFICE OF THE CITY ADMINISTRATOR

MEMORANDUM ORDER NO: OCA-MO-2025-11-047

19 NOVEMBER 2025

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

PLTCOL. CHEY CHEY I. SAULOG

Acting PNP Chief – Imus Philippine National Police

FC/INSP. MELCHOR R. MEDES

Acting City Fire Marshal

JS/INSP ARNELA D. TOLLEDO

*Acting City Jail Warden (Female Dormitory)
Bureau of Jail Management and Penology*

JC/INSP VICTOR P. CAPUNO

*Acting City Jail Warden (Male Dormitory)
Bureau of Jail Management and Penology*

DR. HOMER N. MENDOZA

*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 President of the **Liga ng mga Barangay sa Imus (LNB)** in partnership with the **National Children's Hospital** will be conducting a **Blood Letting Activity** on **Monday, December 15, 2025** from **9:00 AM onwards** at the **Wellness Center, Lower Ground, Imus City Government Center, Malagasang I-G, Imus City.**

The LNB would like to encourage volunteers from each department and unit of 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. If an employee misses to Log Out/In during lunch break, she/he may secure an employee **Pass Slip** form.

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. Weights: 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 LNB at 0975 446 2250, or through email at lnb@cityofimus.gov.ph.

Thank you for your usual support.


LAURO D. MONZON
Acting City Administrator