



REPUBLIC OF THE PHILIPPINES  
**DEPARTMENT OF EDUCATION**  
NATIONAL CAPITAL REGION  
**SCHOOLS DIVISION OFFICE – MARIKINA CITY**

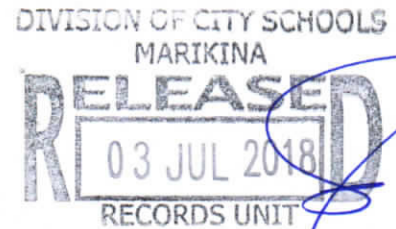
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July 2, 2018

**MEMORANDUM TO:**

Chief Education Supervisors, SGOD and CID  
Elementary and Secondary Principals  
Officers-In-Charge  
Public and Private Schools



**MARIKINA CITY HEALTH OFFICE: MASS BLOOD DONATION**

Enclosed is a letter from Mr. Alberto P. Herrera, MD, MPH, City Health Officer, Marikina City dated June 27, 2018 re: **“Mass Blood Donation”** on July 23, 2018 (Monday) at Marikina City Hall Quadrangle from 9:00 am to 3:00 pm, the content of which is self-explanatory, for information and appropriate action.

Particular attention is invited to paragraph 2 of the said letter.

Participation of all concerned is highly encouraged.

Immediate and wide dissemination of this Memorandum is desired.

  
**SHERYLL T. GAYOLA**  
Officer-in-Charge

Office of the Schools Division Superintendent

Incl.: As Stated  
Reference: Letter from Mr. Alberto P. Herrera, MD, MPH, City Health Officer, Marikina City dated June 27, 2018



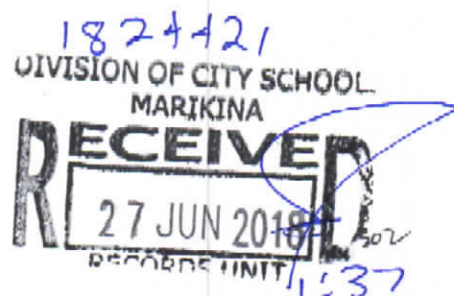
Republic of the Philippines  
CITY OF MARIKINA



## MARIKINA CITY HEALTH OFFICE

July 2, 2018

**SHERRYL GAYOLA**  
OIC  
Department of Education  
Marikina City



Dear **MS. Gayola**;

Greetings!

The Marikina City Health Office will be holding a **Mass Blood Donation** on **July 23, 2018 (Monday)**, from **9:00 a.m. to 3:00 p.m.** at **Marikina City hall Quadrangle**. Our theme for this year is *"Don't wait until **DISASTER** strikes. What can you do? **Donate BLOOD**".*

In this regard, may we request from your good office to send us **50 or more voluntary blood donors** to participate in this worthy endeavor. This noble activity aims to build public awareness of the need for quality and safe blood, honor and recognize blood donors and encourage regular blood donation.

General and physical requirements of a blood donor

Age: 18 – 60 yrs. old

Weight: at least 110 lbs.

Blood pressure: 90/60 – 130/90mm hg

Note: Donors must refrain from drinking alcoholic beverages and must have at least 8 hrs. of sleep before donating blood.

We look forward to your positive response.

Yours truly,

**ALBERTO P. HERRERA, MD, MPH.**

City Health Officer

Marikina City



Republic of the Philippines  
**CITY OF MARIKINA**  
CITY PERSONNEL OFFICE

DIVISION OF CITY SCHOOLS  
MARIKINA

**RECEIVED**  
20 JUN 2018

RECORDS UNIT

5110

18 June 2018

**MEMORANDUM**

FOR : All City Officials/Employees

SUBJECT : **MASS BLOOD LETTING ACTIVITY**

X-----X

In celebration of the Blood Donors Month, the City Health Office in coordination with Philippine Blood Center will be conducting a **Mass Blood Letting Activity** with a theme " Don't wait until disaster strikes. What can you do? Donate blood!" on **Monday, 23 July 2018 from 9:00 a.m. to 3:00 p.m. at the Marikina City Hall Quadrangle.**

This noble activity aims to: 1) build public awareness of the need for quality and safe blood, 2) honor and recognize blood donors and 3) encourage regular blood donation.

All heads of department/office shall be responsible for the proper dissemination of this memo to all employees under their jurisdiction.

BY AUTHORITY OF THE MAYOR:

  
**JANET S. OBISPO**  
City Personnel Officer



**LUNGSOD NG MAY MABUTING UGALI**  
**( CITY OF GOOD CONDUCT )**

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