



Announcement No. 50, s. 2017

ANNOUNCEMENT

TO : HEADS OF CONSTITUTIONAL BODIES; DEPARTMENTS, BUREAUS AND AGENCIES OF THE NATIONAL GOVERNMENT; LOCAL GOVERNMENT UNITS (LGUs); GOVERNMENT-OWNED AND/OR CONTROLLED CORPORATIONS (GOCCs) WITH ORIGINAL CHARTERS; AND STATE COLLEGES AND UNIVERSITIES (SUCs) IN METRO MANILA

SUBJECT : Conduct of the 2017 “Bloodletting Activity” in Metro Manila

In line with its Social Responsibility program for government workers, the Civil Service Commission (CSC) will conduct the “2017 Bloodletting Activity” on December 4, 2017, 8:00 am – 4:00 pm at the Auditorium, 4th Flr., Resource Center Building, Civil Service Commission, IBP Road, Constitution Hills, Quezon City.

Following are related details pertaining to the said activity:

I. Blood donors are advised to take note of the following guidelines:

1. must be 18 to 65 years old;
2. must be at least 110 lbs or 50 kgs;
3. hemoglobin level must be at least 125 g/l (not anemic);
4. blood pressure must be between :
Systolic : 90-160 mmHg
Diastolic : 60-100 mmHg; and
5. pulse rate: 50 to 100 beats/ min.

II. Before Donating Blood:

1. have enough rest and sleep;
2. no alcohol and medicine intake for at least 24 hrs.;
3. eat light meals, avoid fatty foods; and
4. drink plenty of fluid like water and juice.

III. What To Do After Donating Blood:

1. increase fluid intake;
2. avoid stooping down;
3. avoid strenuous activities;

Bawat Kawani, Lingkod Bayani

4. if there is a swelling and discoloration at the punctured site, apply cold compress for 24 hours then hot compress for the next 24 hrs.;
6. rest for 10 more minutes; and
7. if the donor still does not feel well, he/she may consult a doctor/physician and inform the Philippine Blood Center immediately.

Heads of agencies are highly encouraged to grant official time off for those who will participate in the aforesaid activities and compensatory time off (CTO) for those who will actually donate blood.

For more information/clarification, you may contact Ms. Cristy Viñas or Ms. Menchie Bullas at Telephone No. 931-79-39 loc. 423; Telefax No. 931-41-49 or send an e-mail to pslmccd@yahoo.com.


ALICIA dela ROSA-BALA
Chairperson

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