



Internal Administration Group

January 28, 2016

MEMORANDUM

TO : ALL BOC PERSONNEL AND STAKEHOLDERS

FROM : THE OFFICER-IN-CHARGE
Internal Administration Group

SUBJECT : BOC BLOODLETTING DRIVE 2016

- 1.0. As part of the BOC 114th Founding Anniversary celebration, all BOC personnel and stakeholders including importers and brokers are enjoined to participate in the Bloodletting Drive, in partnership with the Philippine Red Cross, to be held from 8:00am onwards on February 5, 2016 at the Social Hall, Port of Manila.
- 2.0. Please see attached qualifications and requirements for the voluntary blood donation.
- 3.0. All interested donors may accomplish and submit the attached Registration Form to the Human Resource Management Division on or before February 2, 2016.
- 4.0. For information and guidance.


DIR. EXEQUIEL C. CEMPRON



**NATIONAL BLOOD CENTER -Manila
VOLUNTARY BLOOD DONATION**

QUALIFICATIONS AND REQUIREMENT:

1 valid I.D.

Generally in good health condition

Age: 16-60 years old (16-17 needs guardian's written consent)

Weight: 110 lbs or 50 kgs and above

Physical examination will be assessed by prior to donation

REMINDERS BEFORE DONATION:

-Have enough rest and sleep, minimum of 5 hours

-No alcohol intake 24 hours prior to blood donation

- Travel, taken medications, piercing and tattoos will be assessed on site.

-Have something to eat prior to blood donation, avoid fatty foods.

AFTER BLOOD DONATION:

-Drink plenty of fluids like water or juice.

-Refrain from stooping down after blood donation.

-Refrain from strenuous activities

-If there is discoloration and swelling on the punctured site, you may apply cold compress for 24 hours and then hot compress for the next 24 hours.

-If there is dizziness, just lie down on a flat surface with feet elevated.

APHERESIS DONATION

Platelet pheresis donation of PRC is a specialized procedure which focuses on clients in need of **PLATELETS** (Dengue, cancer, etc.).

How does it happen?

While hooked on a machine, it separate donor's blood into red cells, plasma and platelets, harvests the platelets, and returns remaining components back to donor.

Initial screening of donor, including complete blood count with platelet count will be done prior to donation to qualify.

To know more about our apheresis donation, you may contact us at: 0917.582.0499

Blood donation is open, 8AM-4:30PM, Mondays to Sundays, and holidays.

For general queries about the National Blood Center, you may call us, 24/7, at (02) 527.0861.



National Blood Center
Bonifacio Drive, Port Area, Manila
527-0000 local 106*527-0861
www.redcross.org.ph

"Sandugong Pilipino"

Name: _____

Address: _____

Blood Type: _____ Age: _____

Telephone Number: _____ E mail Address: _____

Signature

Date of pledge

Place where pledge was made

I will donate on _____

.....
(Kindly bring this portion when you donate blood.)

You have the most precious gift of all, the ability to save lives!



Please give blood!

I will donate on _____.

"I am a blood donor, and I save lives!"

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