

VISION

A Christ-centered school community
growing in the love and friendship
of Jesus Christ in His Church
and striving for peace
in the social and ecological order



MISSION

We, in Basic Education, commit ourselves –
to Transformative Education
as a Christ-centered school community
dedicated to the integral formation of persons
empowered to promote justice, peace,
care for creation and solidarity.

Reclaim our JOY as God's beloved!
School Thrust 2018-2019

August 31, 2018

Dear Parents and Guardians,

Greetings of Peace!

The Assumption Antipolo Family Council, in cooperation with the Philippine Red Cross-Rizal Chapter (East Rizal Branch), will conduct a **Bloodletting Activity** on **September 22, 2018 (Saturday)** from 8:00am to 12:00nn at the-Pre-School Waiting Area beside the Multi-Purpose Building. This will be held simultaneously with the Report Card Day.

This activity is our response to the Philippine Red Cross appeal for people to donate blood, especially with the increase in the number of dengue cases during the rainy season. It will also increase awareness among the AA community on the benefits of blood donation.

A detailed information sheet on how to donate blood is provided at the back for your reference.

Kindly fill out the reply slip below and return it no later than September 8, 2018.

LET US ALL HELP SAVE LIVES. BE A BLOOD DONOR.

Sincerely,


EDGAR & GILYN ANGELA MACARAEG
Chaircouple, Health & Sanitation Committee


MARVIN & MELANIE LORENZO
Asst.-Chaircouple, Health & Sanitation Committee

Noted by:


MS. MARIE GRACE B. MAGTAAS
School Director

----- REPLY SLIP (return by September 8, 2018) -----

I / We have read the circular regarding the Bloodletting Activity on September 8, 2018.

I / We will participate as volunteer blood donor/s.

I / We cannot participate in the activity

Daughter's Name

Level & Section

Parent's/Guardian's Name and Signature

BLOOD DONATION FAQ'S

1. What are the benefits of donating blood?

It stimulates your bone marrow to produce new and active cells, which makes the blood-forming organs function more effectively.

2. What happens to my donated blood?

Each unit of blood collected will be examined for 5 transfusion-transmissible infectious diseases, namely: HIV, Malaria, Syphilis, Hepatitis B, and Hepatitis C before it is transfused to patients.

3. Is it safe to give blood?

Yes. Each needle used in the procedure is sterile and is disposed after a single use.

4. Can a person who has a tattoo donate blood?

As long as the tattooing procedure was done aseptically (in a sterile manner), he/ she may donate blood one year after the procedure. This is the same with ear piercing, acupuncture, and other procedures involving needles.

5. Can a person who just had his/ her tooth extracted donate blood?

He/ She will be temporarily deferred for a year.

6. If I just received a flu shot, can I donate blood?

Yes. There is no waiting period to donate after receiving a flu shot.

7. If I have a cold flu, can I donate blood?

In order to donate, blood centers require that you should be generally in good health (symptom-free); thus, it is important that you are feeling well.

8. Can I still donate if I have high blood pressure?

Yes, if your blood pressure is under control and within the limits set in the donation guidelines.

9. What if I'm taking aspirin or medication prescribed by my doctor?

Aspirin and Ibuprofen will not affect a whole blood donation. Apheresis, *platelet donors*, however, must not take aspirin or aspirin products 36 hours prior to the donation. Many other medications are acceptable; but it is recommended that you inform the Red Cross officer about the type of medication you are taking.

10. What if I have Anemia? You cannot give blood if you have anemia. However, this can often be a temporary condition. Your hemoglobin level will be tested before you donate, in order to make sure that it is within an acceptable range.

11. How long does it take to donate blood?

The whole process of donating blood will only take an average of 25 minutes.

Who can donate blood?

You can donate blood if you:

- are in good health
- are between 18 to 65 years old (16-17 years old need parent's consent);
- weigh at least 110 pounds;
- have a blood pressure between:
Systolic: 90-160 mmHg,
Diastolic: 60-100 mmHg;
- your hemoglobin level must be at least 125 g/L;
- your pulse rate at 50-100 beats per min. regular rhythm;
- pass the physical and health history assessments.

The final medical assessment will depend on the physician on duty.

Actual donation - the amount of blood to be donated (either 350cc or 450cc) will depend on the donor's weight and blood pressure. **A Blood donation procedure usually takes a maximum of 10 minutes.**

Preparation before donating blood

1. Have enough rest and sleep.
2. No alcohol intake 24 hours prior to blood donation.
3. No medications for at least 24 hours prior to blood donation.
4. Have something to eat prior to blood donation; avoid fatty food.
5. Drink plenty of fluid, like water or juice.

What to do after blood donation?

1. Drink plenty of fluid, like water or juice.
2. Refrain from stooping down after blood donation.
3. Refrain from strenuous activities like lifting heavy objects; driving big vehicles such as bus, trucks, etc.; operating big machines.
4. Avoid using the punctured arm in lifting heavy objects.
5. Apply pressure on the punctured site and lift the arm in case the site is still bleeding.
6. If there is discoloration and swelling on the punctured site, you may apply cold compress for 24 hours.
7. If there is dizziness, just lie down with your feet elevated. Drink plenty of juice; and in just a few minutes or so, it will pass.