



## HRAD ADVISORY No. 63 13 August 2024

As we approach our scheduled blood donation drive tomorrow, August 14, 2024, we want to remind everyone who will be participating and provide you with important guidelines to ensure a smooth and successful donation process.

To ensure a safe and effective donation process, please review and adhere to the following guidelines:

### Eligibility Criteria:

- **Age:** Participants must be at least 16 years old (with parental consent) or 18 years old.
- **Weight:** Must weigh at least 110 pounds (50 kg).
- **Health Status:** Donors should be in good general health and feeling well on the day of donation.

### Preparation Tips:

- **Hydration:** Drink plenty of water in the days leading up to the event and on the day of donation. Avoid alcohol and caffeine.
- **Nutrition:** Eat a healthy meal a few hours before donating. Avoid fatty foods to ensure the quality of your donation.
- **Rest:** Get a good night's sleep before the day of the donation. Avoid strenuous activities the night before.

### Post-Donation Care:

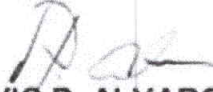
- **Recovery:** After donating, take a few minutes to rest and enjoy the refreshments provided. This will help restore your energy.
- **Activity:** Avoid heavy lifting and strenuous exercise for the rest of the day. Light activities, such as walking, are encouraged.
- **Hydration and Nutrition:** Continue drinking fluids and eating balanced meals to aid in your recovery.
- **Site Care:** Keep the bandage on for a few hours and avoid activities that could stress the donation site.


**Health and Safety:**

- **Medical History:** Inform the donation staff if you have recently traveled to high-risk areas or are taking any medication.
- **Symptoms:** If you experience any unusual symptoms or prolonged discomfort, seek medical attention.

For better coordination and other details, you may contact Nurse Precious Honnielyn S. Decena of the Human Resources Management Division (HRMD) at 929-1909 loc 4127.

We appreciate your dedication to saving lives and supporting those in need.

  
**VIC P. ALVARO**  
Committee Chair  
Health, Wellness, Welfare and Safety Committee






**HRAD ADVISORY No. 76**  
**04 December 2024**

As the holiday season approaches, we are inviting everyone to make this season even more meaningful by participating in our Blood Letting Program in partnership with the Philippine Red Cross.

We are calling on all willing and healthy individuals to donate blood to help save lives and bring hope to those in need this holiday season. Join us on **December 17, 2024, from 8:00 AM to 3:00 PM at HESA**, as we come together to share the gift of life. Your donation can make a real difference!

Let's spread the joy of Christmas by sharing the gift of life. Together, we can make an impact.

**Be a hero, donate blood!**

  
**GWEN P. ENCISO-KYAMKO**  
Acting Department Manager  
Human Resources & Administration  
