



Announcement No. 5, s. 2014

ANNOUNCEMENT

- TO :** ALL 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 CHARTER; AND STATE COLLEGES AND UNIVERSITIES (SUCs)
- SUBJECT :** Conduct of the "Lingap Sa Barangay", a Joint CSC-Public Sector Union Confederations Program

In celebration of the 114th Philippine Civil Service Anniversary, the Civil Service Commission (CSC), in partnership with the Public Sector Confederations namely: Confederation of Independent Unions in the Public Sector (CIU), Philippine Government Employees Association (PGEA) and Public Services Labor Independent Confederation (PSLINK), as well as the Philippine Blood Disease and Transfusion Center (PBDTC), will conduct the "Lingap Sa Barangay" Program on September 25 and 26, 2014 with the following activities:

- I. **Feeding of 500 Children and Medical Kit Giving** for 100 families on **September 25, 2014** at Brgy. San Roque, Angat, Bulacan – to be hosted by CIU and PGEA, respectively; and
- II. **BLOODLETTING Activity on September 26, 2014 (8:00 a.m. – 4:00 p.m.)** at DILG-NAPOLCOM Bldg., EDSA Cor. Quezon Avenue, West Triangle, Quezon City – to be hosted by PSLINK

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

- must be 18 to 65 years old
- must be at least 110 lbs or 50 kgs
- hemoglobin level must be at least 125 g/l (not anemic)
- blood pressure must be between :
 - Systolic : 90-160 mmHg
 - Diastolic : 60-100 mmHg
- Pulse rate : 50 to 100 beats/ min

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.

4. Maintain healthy body
5. Drink plenty of fluid like water and juice .

What To Do After Donating Blood :

1. Increase fluid intake like water and juice
2. Avoid stooping down
3. Avoid strenuous activities like: lifting heavy objects; driving big vehicles such as bus, trucks, operating big machine
4. Apply pressure on the punctured site.
5. 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. If there is dizziness, just lie down with feet elevated. Drink plenty of fluid preferably something sweet. It will pass in a few minutes.
7. If still you do not feel well, please inform the National Blood Bank.

Heads of agencies are highly encouraged to grant union 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. Janeth Morales, PSLINK at telfax no. 924-47-10 or Ms. Cristy Viñas, CSC at telfax no. 931-41-49.


FRANCISCO T. DUQUE III, MD, MSc
Chairman

SEP 1 7 2014