



Announcement No. 52, s. 2015

ANNOUNCEMENT

TO : ALL HEADS OF CONSTITUTIONAL BODIES; NATIONAL GOVERNMENT AGENCIES (NGAs); LOCAL GOVERNMENT UNITS (LGUs); GOVERNMENT-OWNED AND CONTROLLED CORPORATIONS WITH ORIGINAL CHARTERS (GOCCs); AND STATE UNIVERSITIES AND COLLEGES (SUCs)

SUBJECT : Conduct of the "Lingap Sa Barangay" Program: Bloodletting, Feeding and Medical Kit-Giving, a Joint CSC-Public Sector Union Confederations Program

In celebration of the 115th Philippine Civil Service Anniversary, the Civil Service Commission (CSC), in partnership with the Public Sector Union 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 Center (PBC), in cooperation with the Marikina City Government, will conduct the "Lingap Sa Barangay" Program on September 3 and 11, 2015 with the following activities:

1. **Bloodletting**, September 3, 2015 (8:00 a.m. – 3:00 p.m.)
4th Floor Marikina Legislative Building, Sta. Elena, Marikina City

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:

- Have enough rest and sleep
- No alcohol and medicine intake for at least 24 hrs.
- Eat light meals, avoid fatty foods.
- Maintain healthy body
- Drink plenty of fluid like water and juice.

In a Race to Serve: Responsive, Accessible, Courteous and Effective Public Service

After Donating Blood:

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

2. Feeding of 600 Children and Medical Kit-Giving for 100 families
September 11, 2015, Barangay 704, Zone 77, Malate, Manila

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 Mr. Jose Florante Singson, Pamantasan ng Lungsod ng Marikina at 09224973423, Ms. Girlie de Guzman, Marikina City Health Office at 09178339867 or Ms. Nery Buban, PSLINK at 09177868193 and telefax no. 924-47-10 or Ms. Cristy Viñas, CSC at telefax no. 931-41-49; 931-79-39 loc. 423.


ROBERT S. MARTINEZ
Acting Chairman

25 AUG 2015