



Announcement No. 46, s. 2016

ANNOUNCEMENT

- TO :** ALL HEADS OF CONSTITUTIONAL BODIES; DEPARTMENTS, BUREAUS AND NATIONAL GOVERNMENT AGENCIES (NGAs); LOCAL GOVERNMENT UNITS (LGUs); GOVERNMENT-OWNED OR CONTROLLED CORPORATIONS (GOCCs) WITH ORIGINAL CHARTERS; AND STATE UNIVERSITIES AND COLLEGES (SUCs)
- SUBJECT :** Conduct of the “Lingap Sa Barangay” Program: Bloodletting, Feeding and Distribution of Medical Kits/Groceries, a Joint CSC-Public Sector Union Confederations Program

In celebration of the 116th 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), and the Philippine Blood Center (PBC), with the cooperation of the AFP Reserve Command, the East Avenue Medical Center and the Tri-People Foundation, Inc., will conduct the “Lingap Sa Barangay” Program on September 10, 14 and 15, 2016 with the following activities:

- I. **Bloodletting Activity on September 10, 2016 (8:00 a.m. – 3:00 p.m.)** at the AFP Reserve Command, Camp Aguinaldo, Quezon City. This activity will 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.

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What To Do After Donating Blood:

1. Increase fluid intake like water and juice;
2. Avoid stooping down;
3. Avoid strenuous activities (i.e. lifting heavy objects, driving big vehicles such as bus and trucks and operating big machines);
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; and
7. If you still do not feel well, please consult your doctor/physician and inform the Philippine Blood Center.

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.

CSC Regional Offices conducting bloodletting activity are authorized to grant official time off for those who will participate in the said activity and compensatory time off (CTO) for those who will actually donate blood.

- II. **Distribution of Medical Kits/Groceries on September 14, 2016** for children with cancer at the "Tahantahanan" East Avenue Medical Center (EAMC), East Avenue, Quezon City. This activity will be hosted by PGEA.
- III. **Feeding of approximately 600 children on September 15, 2016** at Tri-People Foundation, Inc., Sitio Wawa Covered Court, Brgy. San Rafael Rodriguez, Rizal Province. This activity will be hosted by CIU.

For more information/clarification on the bloodletting activity, you may contact Mr. Jose Florante Singson, Pamantasan ng Lungsod ng Marikina - PSLINK at 09224973423, Lt. Commander Bernadette Serafica, AFP Reserve Command at 09399394166 and Ms. Cristy Viñas, CSC at telefax no. 931-41-49; 931-79-39 loc. 423.


ALICIA dela ROSA-BALA
Chairperson

07 SEP 2016