



INFANT JESUS ACADEMY
Health Service Department

January 14, 2017

Circular No. 1617-015

Dear Parents,

Good Day!

Did you know that a healthy Filipino has 16 – 18 glasses of blood? Donating 250 – 350 cc will not cause weakness or ill effects. The whole process just takes 30 minutes. When a person donates blood, his bone marrow is stimulated to produce new red blood cells and make his blood forming organs function more effectively. In the same way a car works better after oil change, donating blood will also make one feel better.

Constituents of Marikina are so lucky that the City Government has put up our own blood bank station to ensure sufficient supply of blood within the city. However, the need for blood is for real; it is not a commodity that can be bought or manufactured. This is the reason why Infant Jesus Academy participates annually in this endeavor as part of our community service. This school year, the **IJA Health Service Department** and the **IJA Volunteers** for the **Overall Integration of a Christian Education (IJA VOICE)**, in cooperation with the Marikina City Health Office, will conduct a **Voluntary Mass Blood Donation** on **January 29, 2017 (Sunday) from 8:00 am to 4:00 pm** at the IJA Audio – Visual Room (Basement).

We are appealing for your support, by being a blood donor and by helping us promote the program among the members of the community. We are confident that many would be encouraged to support this worthy endeavor.

A donor will be given a blood donor card, which is transferable to family members and friends and has no expiration date. Blood can be withdrawn anytime from the blood bank upon presentation of the donor's card and doctor's request. Donors will also be entitled to **insurance benefits** (free membership) under the **SAGIP KA 2000 FOUNDATION, INC.** for one year.

Here are some guidelines when donating blood:

Who can donate blood?

You can donate blood if you...

- Are in good health
- Are between 16 – 65 years old (individuals 16 & 17 years old need parents' consent)
- Weigh at least 110 pounds or 50 kg
- Have blood pressure between: **Systolic:** 90 -160 mmHg, **Diastolic:** 60 – 100 mmHg; and
- Pass the physical and health history assessments.

Marikina Blood Bank carefully screens potential donors. The screening guidelines are necessary to ensure that blood donation is safe for you and that is safe for the person who will be receiving your blood.

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 right after blood donation

1. Drink plenty of fluid, like water or juice.
2. Refrain from stooping down.
3. Refrain from strenuous activities like:
 - a. Lifting heavy objects;
 - b. Driving big vehicles such as bus, trucks, etc.; or
 - c. Operating big machines.
4. Avoid using 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 a 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.

REPLY SLIP

Name of Student: _____
Gr. /Yr. & Section: _____

Class No.: _____

FOR PARENTS/GUARDIANS

_____ Yes, I am willing to donate blood
_____ No, I am not willing to donate blood because _____

FOR STUDENT 16 YEARS OLD AND ABOVE

_____ Yes, I am allowing my child to donate blood.
_____ No, I am not allowing my child to donate blood.

Parent's Signature over Printed Name

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Rest assured that the time and effort that you will put in this undertaking will not go unrewarded. Donating blood is a selfless act of sharing what one has. Enduring that little pain is as fulfilling as saving one's life.

Let us make this school year's blood donation another year of success.

For questions, feel free to call the nurses at 4753770 / 9414264 / or 9418920 loc. 110.

Thank you.

Respectfully yours,

Health Service Personnel

Mr. Daniel Rovins C. Borbon V
IJA VOICE Coordinator

Noted by:

Mrs. Clenisa B. Portugal
AP for Student Development

Approved by:

Mrs. Ana Marie R. Nobleza, M.Ed
Principal

Ms. Agnes Marie F. Mallonga
Campus Coordinator