



June 26, 2018

TO: Public Secondary School Heads  
All other Concerned

Attached please find the letter of Philippine Red Cross Bulacan Chapter on the conduct of One Day (1) Emergency First Aid (EFA) Course for all Red Cross advisers of Public Secondary Schools to be held at Dr. Felipe De Jesus National High School, Agnaya, Plaridel Bulacan on July 5, 2018 for EDDIS 1 and 2 and July 6, 2018 for EDDIS 3 and 4 respectively.

Attention is invited to paragraph 3 of the basic communication for the identification of participants to the aforesaid training.

Traveling expenses and training fee in attending the same shall be charged against local/ school fund subject to the usual accounting and auditing rules and regulations.

This letter serves as travel authority for participants attending the abovementioned activity.

Please be guided accordingly.

Very truly yours,

**ZENIA G. MOSTOLES, Ed.D., CESO V**  
Schools Division Superintendent



**PHILIPPINE RED CROSS  
BULACAN CHAPTER**

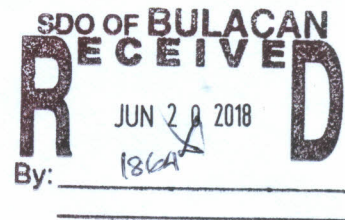
Mailing Address: Provincial Capitol Compound  
City of Malolos 3000, Bulacan, Philippines  
Tele-fax : (+63) 896-0568 / 896- 1899  
Email Address: [bulacan@redcross.org.ph](mailto:bulacan@redcross.org.ph)

June 19, 2018

**ZENIA G. MOSTOLES, Ed. D., CESO V**  
Schools Division Superintendent  
DepEd- Schools Division of Bulacan

Attention: **MARCOS M. DELA CRUZ**  
Chief- SGOD  
SGOD Department

**PETER LACAP**  
Public Development Officer III



Ma'm,

Greetings from Humanity!


The Philippine Red Cross believes in the potential of young people in creating lasting impact in promoting human dignity and in the alleviation of human suffering. It seeks to harness their potential as agents of change and future humanitarian leaders towards humanitarian action.

The Philippine Red Cross (PRC) maintains its commitment to the humanitarian principles and the ideals of the movement along with the state's recognition of its role in supporting education and other fields.

In this connection, may we request the RCY Advisers in public secondary schools and Senior High School who were oriented in this endeavor last May 31 and June 1, 2018 at the PRC-Training Center to attend a **ONE DAY (1) EMERGENCY FIRST AID (EFA) course on July 5, 2018 involving EDDIS 1 & 2 (FIRST BATCH); and July 6, 2018 involving this time EDDIS 3 & 4 (SECOND BATCH) from 8 am to 5 pm.** The venue will be at Dr. Felipe De Jesus High School. **The Training Fee amounts to five hundred pesos (Php500.00) which is inclusive of Certificate of Proficiency and License ID (Certificate of Completion).**

Thank you very much for your utmost support and assistance to the Philippine Red Cross-Bulacan Chapter.

Very truly yours,

  
**MADEL D. MARIANO**  
Chapter Service Representative  
Red Cross Youth Service

Noted:

  
**RICARDO A. VILLACORTE**  
Chapter Administrator

4:34





## HOW TO AVAIL SAFETY SERVICES COURSES

- I. Written request letter addressed to: **RICARDO A. VILLACORTE** – Chapter Administrator  
 Philippine Red Cross – Bulacan Chapter  
 Capitol Compound, Bo, Guinhawa, City of Malolos, Bulacan
  
- II. Personal appearance to the **PHILIPPINE RED CROSS – BULACAN CHAPTER** office a week before for the training policy orientation, payment, confirmation of training schedule and signing of Training Agreement. **Please be advice to submit the list of names and birthdate of the participants upon your payment.**

### III. Training Fee

SAFETY SERVICES COURSES	CONTACT HOURS / DAY	TRAINING FEE / PARTICIPANT
<b>A. FIRST AID COURSES</b>		
Standard First Aid and CPR / AED Training	32 hours / 4 days	PhP 1,840.00
Occupational First Aid and CPR / AED Training	16 hours / 2 days	PhP 1,540.00
Emergency First Aid Training (for Community & School)	8 hours / 1 day	PhP. 1, 000.00
<i>Note: Training Fee inclusion: Training Kit, Membership Accident Assistance Benefits (MAAB), Certificate of Proficiency and License ID (Certificate Of Completion).</i> <b>Class should have a minimum requirement of 15 participants.</b>		
<b>B. WATER SAFETY (SWIMMING &amp; LIFE SAVING) COURSES</b>		
Basic Swimming Course	24 hours / 3 days	PhP 500.00
Basic Water Safety & Rescue	40 hours / 5 days	PhP 800.00
<i>Note: Basic Water Safety and Rescue participants should be a holder of current First Aid and CPR / AED license (Certificate Of Completion).</i>		
<b>C. OTHER SERVICES</b>		
Lecture-Demonstration	2-4 hours	PhP 3,500.00/class
Lecture-Demonstration	8 hours	PhP 5,000.00/class
<i>Note: This activity is not a certificated lecture; therefore, we do not provide any form of certification to participants and requesting party.</i>		

For more information and inquiries feel free to visit us at Capitol Compound, Bo. Guinhawa, City of Malolos, Bulacan or call/email us thru Telefax No. (044) 896-1899 / 0910-4997831 or bulacan@redcross.org.ph and look for **Ms. Ma. Teresita E. Belmonte / Ms. Roceline Mae E. Alipio.**





# MEMBERSHIP PROGRAM

# REGISTER NOW



INSURING GROWTH™

Accidental Death, Disability and Dismemberment

Unprovoked Murder and Assault

Accidental Medical Reimbursement

Accidental Burial Assistance

Daily Hospital Allowance (max 60 days)

## CLASSIC

(ages 6-25 years old)

12,000.00

12,000.00

5,000.00

5,000.00

150/day

## PREMIER BRONZE

(ages 6-65 years old)

35,000.00

35,000.00

5,000.00

5,000.00

150/day

## PREMIER SILVER

(ages 6-65 years old)

100,000.00

100,000.00

10,000.00

5,000.00

200/day

## PREMIER GOLD

(ages 6-65 years old)

200,000.00

200,000.00

10,000.00

5,000.00

200/day

## PREMIER PLATINUM

(ages 6-65 years old)

300,000.00

300,000.00

10,000.00

5,000.00

200/day

## SENIOR

(ages 66-80 years old)

50,000.00

50,000.00

5,000.00

5,000.00

100/day

## SENIOR PLUS

(ages 81-85 years old)

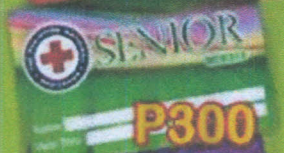
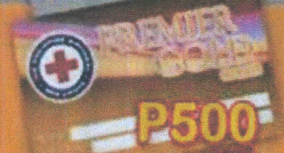
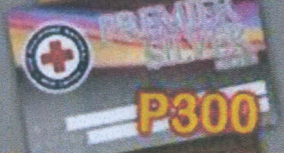
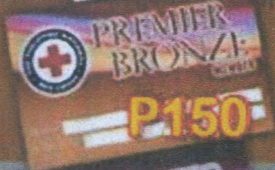
50,000.00

50,000.00

5,000.00

5,000.00

100/day





Donating blood is a very simple procedure that will take a few minutes of your time. At the same time blood donation will give you the following benefits.

Your bone marrow will be stimulated to produce new and active cells which in turn make the blood forming organs function more effectively.

You will get a personal health check-up. You will know your blood type, hemoglobin and blood pressure.

More volunteer blood donors would meet supply of blood.

It is something that will make you feel good about yourself.



### FAQs

**What happens to my donated blood?**  
Each unit of blood collected will be examined for 5 transfusion transmissible infectious diseases namely **HIV, Malaria, Syphilis, Hepatitis B and Hepatitis C** before it is transfused to patients.

**When can we donate blood?**  
A healthy person may donate **every three months**.

**Where can I donate blood?**  
You, your family and friends may come and visit the PRC National Blood Center or any PRC chapter nearest you.

**Can a person who has tattoo donate blood?**  
Provided the tattooing procedure was done aseptically, he/she may donate one year after the procedure. This is the same with ear piercing, acupuncture and other procedures involving needles.

### Who are qualified to donate blood?

- You must be 18 to 65 years old, (16 and 17 may donate provided with parent's/guardian's consent).
- You must be at least 110 lbs or 50 Kgs.
- Your hemoglobin level must be at least 125 g/l (not anemic)
- Your blood pressure must be between:  
Systolic: 90-140 mmHg  
Diastolic: 70-90 mmHg
- Pulse Rate: 50 to 100 beats/min  
Regular Rhythm

*Generally in good health condition!!!  
The final medical assesment will depend on the physician/doctor on duty.*

### HOW TO DONATE BLOOD?

- Have your weight taken.
- Register and honestly answer the questions in the doctor's registration form.
- Your blood type and hemoglobin will be checked (if you are anemic or not).
- You will be examined by a physician.
- You will now donate 450cc of blood for 5-10 minutes.
- After blood extraction, rest 5-10 minutes.
- Drink plenty of fluids.
- You may go back to your usual activities.



### Factoids:

The normal human adult has approximately 5 to 6 liters of blood in the body. A healthy individual may donate 450cc of blood without any ill effects. This small loss will be rapidly compensated by the body. The fluid portion will be replaced within 24 hours and cell within weeks, so that by the end of the month, the body will have the same amount of blood as before the blood donation.

### Friendly Reminders:

#### BEFORE DONATING BLOOD:

- Have enough rest and sleep
- No alcohol intake at least 12 hours
- No medication for at least 24 hours
- Eat light meals, avoid fatty foods
- Drink plenty of fluids like water and juice

#### AFTER DONATING BLOOD:

- Increase fluid intake like water/juice
- Avoid stooping down
- Avoid strenuous activities
- Apply pressure at the punctured site
- If there is swelling and discoloration at the puncture site, apply cold compress for 24 hours then hot compress for the next 24 hours
- If there is dizziness, just lie down feet elevated. Drink plenty of fluids preferably something sweet.
- If still you do not feel well, please inform the Bulacan Blood Service staff.

**100 DONORS ARE NEEDED EVERYDAY. CAN YOU BE 1 OF THEM?**

**Can a person who just had his/her tooth extracted donate blood?**

No, he/she will be temporarily deferred for 1 year.

**How long does it take to donate blood?**

The whole process of donating blood will take an average of **25 minutes only**.

**Will I contract any disease through blood donation?**

No, we use sterile, disposable needles and syringes.

**Will I put on weight or lose weight after blood donation?**

No, all you put on is the feeling of satisfaction of having helped someone.



### How to avail blood from PRC?

The hospital where transfusion will take place prepares a blood request which should be given to the nearest PRC Blood Service Facility.


A corresponding Blood Processing Fee will be charged based on the type of blood component to be served.


Blood itself is free, having come from a volunteer donor. The fee covers the cost of collecting and processing.



**YOUR  
PRECIOUS BLOOD  
WILL  
HELP  
SAVE LIVES.**

### Operating Hours of Bulacan Blood Service:

 For Volunteer Blood Donors:  
Everyday, 8:00 a.m to 4:00 p.m.

 For Blood dispensing:  
24 hours, everyday including holidays.

Gather friends and community members and we will come to your place.

A team composed of PRC staff will conduct the mass blood donation activity on your chosen venue/place which should have good light and ventilation.

PRC will also provide the logistics needed for the activity, i.e. cotbeds, linens, equipment for blood extraction etc.

We can also send our Blood Service Representative to help you promote and discuss the activity.

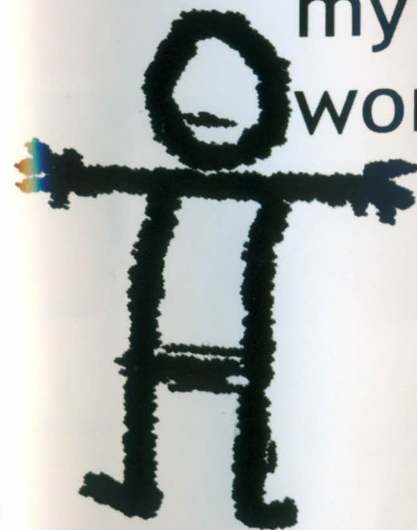
For more information, please call us at:

**044.896.0568** or  
telefax : **044.662.5922**

Or you may visit us at  
**PRC BULACAN CHAPTER**  
Bulacan Capitol Compound, Malolos City



color  
my  
world



**Everyday,**  
**blood** is needed by people suffering from anemia, leukemia, hemophilia, dialysis, those who will undergo surgery or those who will deliver a baby.



The Philippine Red Cross believes in the potential of young people in creating a lasting impact in promoting human dignity and in the alleviation of human suffering. It seeks to harness their potential as agents of change and humanitarian leaders by providing direct involvement in serving humanity.

## Red Cross Youth

### Membership Categories

#### Junior Red Cross

Members in the schools and communities aged 7-12 years old

#### Senior Red Cross Youth

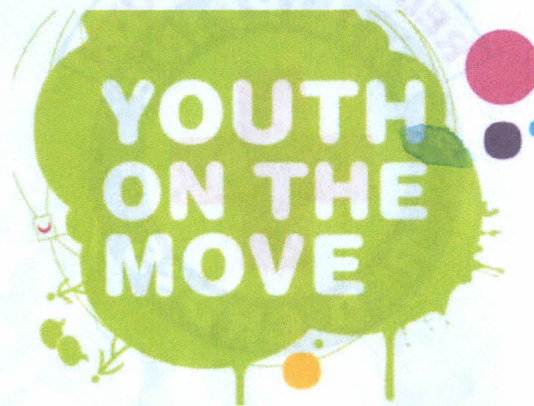
Members in the schools and communities aged 12-19 years old.

#### College Red Cross Youth

Members in the schools and communities aged 19-25 years old

#### Community Red Cross Youth

Members in the schools and communities aged 19-30 years old



## Objectives of the Red Cross Youth

### Inculcate Humanitarian Values

The organization promotes the inculcation of humanitarian values and principles to enable them to live by them and be guided as they take future roles as humanitarian leaders

### Instill the Practice of Healthy Lifestyle

We aim to help build healthier communities through youth participation as agents of behavioral change in health promotion.

### Enhance Youth Leadership Skills Through Service Delivery

Young people's leadership potential is honed by providing opportunities for direct involvement in the delivery of development and humanitarian services.

### Advocate National and International Friendship

Young volunteers and leaders take part in promoting friendship and solidarity through intercultural and intergenerational dialogues and initiatives.

## Key Offerings

- Youth Volunteer Orientation Course (8 hours)
- Leadership Formation Course (8 hours)
- Basic Leadership Training Course (8 hours)
- HIV/ AIDS Prevention Education Course
- Substance Abuse Prevention Education Course
- Junior First Aiders Course

## Key Activities

- Biennial National Youth Congress
- Chapter Youth Assembly
- Super Camp Philippines
- Mega Camp
- Annual Province Level Youth Camps
- Inter school First Aid Competitions
- International Humanitarian Law Debates
- Peer Education Campaigns
- Voluntary Non-remunerated Blood Donations ( Pledge 25 Program)

## National Awards and Recognition

- Ten Outstanding Red Cross Youth of the Philippines
- Ten Outstanding Red Cross Youth Advisers
- Most Outstanding Red Cross Youth Council



## The Red Cross Youth Pledge

As a Youth Member of the premier humanitarian organization, I pledge to alleviate human suffering, protect life and dignity, to be a responsible citizen of the Republic of the Philippines, to conform with the objectives and policies of the Philippine Red Cross, its seven fundamental principles:  
Humanity,  
Impartiality,  
Neutrality,  
Independence,  
Voluntary Service,  
Unity, and  
Universality  
and to be at all times be in the service for the suffering humanity.



"I serve"

### PHILIPPINE RED CROSS

37 EDSA corner Boni Avenue, Mandaluyong City 1550

BULACAN CHAPTER  
MADEL D. MARIANO  
CSR - RCY  
rcy@redcrossbulacan@gmail.com  
896-0568 / 0932-519-7268

Red Cross Youth Department  
9<sup>th</sup> Floor Philippine Red Cross Tower  
Philippine Red Cross National Headquarters  
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# Red Cross Youth

*Being meaningfully engaged as leaders, volunteers, and members of communities who live by the humanitarian values and principles, young people are key drivers in humanitarian action and development.*

