



VOLUNTEERS TOOLKIT

DID YOU KNOW ???

Someone needs blood every two seconds around the world. Imagine, that's a lot of blood! Blood is needed for emergencies, and for people who have illnesses who needs regular blood transfusions to live.

There really is NO substitute for a human blood.

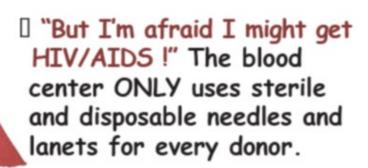
Good News!

Donating blood may not only benefit the person who received the blood cells but may also improve the health of the donor.

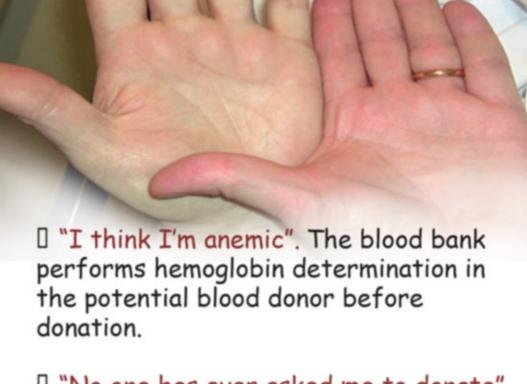


Common reasons why people refuse to donate blood:

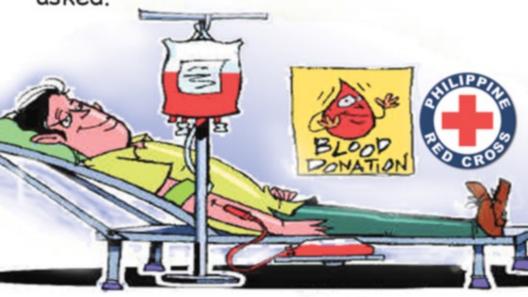
Donating my blood will make me weak". After giving blood, short rest and increased fluid intake will help replenish fluids that was lost. Then you may resume normal activities.



The trait of the blood donor will be transferred to the patient. It is not by blood but by genes that the traits are transferred from one person to another.



"No one has ever asked me to donate". CONSIDER YOURSELF INVITED. Think of giving before before being asked.





magine if giving blood is something we do on a regular basis, like going to mall or eating out at your favorite fast food.

What difference it would make!
..your donation or campaign
can make a change
of life and death.



How Can You Help SAVE LIVES ?

- □ By **DONATING** your blood.
- □ By RECRUITING others to donate blood.
- By ORGANIZING a blood donation drive / activity.
- By being a VOLUNTEER who will assists during blood donations.
- ☐ By giving MONETARY DONATION/S thru the Blood Samaritan Project to help ensure that blood banks may continue to give safe blood to the needy especially to the poor patients. (Go to your local PRC chapter for inquiries.)

USE THIS CHECKLIST TO DETERMINE IF YOU ARE A QUALIFIED BLOOD DONOR

Are you physically fit and generally healthy?



Are you 16 to 65 years old? (16-17 years old donors need to present parents' consent)

If you say yes to all,
don't waste time and go to your
nearest local blood center.
SHARE your BLOOD and
help SAVE lives!

How is voluntary blood donation done?

 The blood be asked to identification



donor will show an card.

 Blood donors weight will be noted by the blood bank staff.

 The potential blood donor will be asked to fill-up and answer the Blood Donor Information Sheet honestly.

This sheet contains questions about the donors' basic health information.

 The physician will ask some questions to know if the donor has "high-risk" behaviors of spreading diseases to the

patients who will receive the

blood.

These behaviors include having sexual contacts with multiple partners, using of prohibited drugs, and others. type, blood pressure, and other vital signs will be checked.
Screening tests such as these are performed to make sure that the blood donor's health is safe and healthy. As such, this will ensure that both the blood donors' as well as the recipients' health will

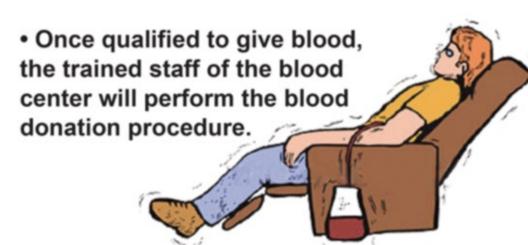


not be compromised.

• A trained physician will perform a medical check-up.

The information from the screening tests will be kept

CONFIDENTIAL.



o Blood Donation Procedure

- Quick and Comfy!
- The blood bank staff will ensure that the donor is not harmed and is placed in a comfortable position.
- The blood donors mid-arm will be cleansed with antiseptic solution before insertion of the needle.
- While blood bag is being filled, the donor waits for about 10-15 mins.
 Relax, you are safe.
- After the procedure, the blood donor will be asked to stay and rest for about
 to 10 more minutes to allow the body to adjust to the new blood volume to circulate.
 - Refreshments will be served to replace fluid volume loss.

Tips for you to have a good blood donation experience:

1. Before you donate...

- Get a good sleep
- Have a good meal
- Drink extra water and fluids
- Avoid tea and coffee
- Avoid fatty foods

2. During the Donation

- Wear comfortable clothes or sleeves that can be raised above the elbow
- Relax
- Take time to enjoy the procedure

It only takes about 30 minutes of your time...



3. After you donate...

Have some snacks and refreshments.

 Drink plenty of water over the next 24 to 48 hours.

 Avoid strenuous activities that can easily tire you out like lifting heavy objects.

 If you feel light-headed, lie down, preferably with feet elevated, until the feeling improves.

Hello

- If for any reason, something doesn't feel right, call immediately to your PRC local blood service facility.

IMPORTANT

Enjoy the good feeling
knowing that you may
have helped save
someone's life.
Don't stop from here...
instead,
Be a Regular Blood Donor,
and
Help Save More Lives!

Activities You Can Do To Your Community

Activity 1 HOW TO RECRUIT FOR VOLUNTARY UNPAID BLOOD DONATION:

- Identify and coordinate with the nearest blood service facility of your local Red Cross chapter.
- Keep close communication with your local blood service facility.
- Know how to respond to common arguments that people use to avoid giving blood donations.
 Encourage potential blood donors but do not force them.
- Recruit and refer people to the nearest blood bank or local chapter for other concern that will be of help to them.
- Enlist the support of your community members and groups (i.e. schools, churches, and etc.) to recruit potential blood donors on a regular basis.



- Gather members of the community.
- 2. Plan the date and venue of the blood letting activity.
- Inform and coordinate with your local PRC Blood Service Staff about the blood letting activity.
- The Blood Service Staff team will facilitate the blood letting activity.



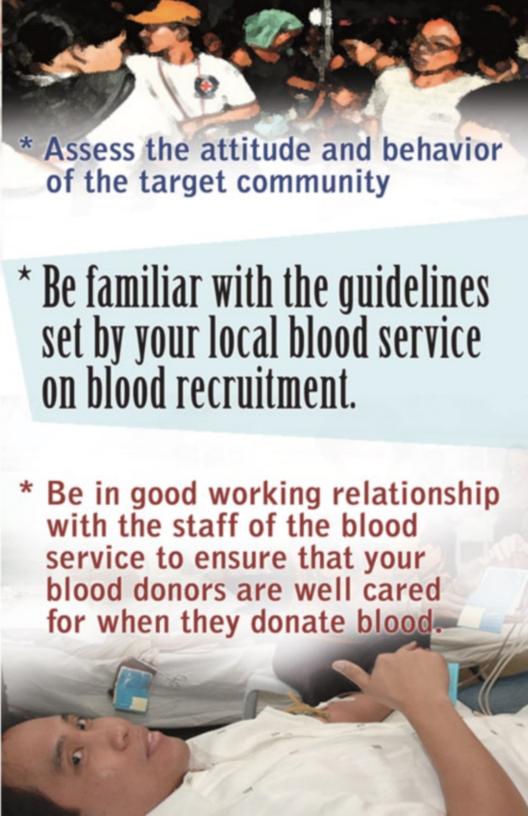


Guide List for the Volunteers:

- Plan your activities according to the blood needs.
- * Have your contact list of the local leaders and coordinate with the recruitment plans.

* Work with the other volunteers in the same community.





Here's a fun game for you! Try to find the following words:

Save Lives	,
Donor	

□ Dono □ Safe

Blood

Voluntary Recruit

WORD FINDER

s	L	z	N	В	Y	N	U	E	s
В	А	Q	×	L	0	L	1	С	А
F	N	F	A	0	U	Y	Р	R	v
G	т	M	E	0	N	т	K	U	E
R	E	н	т	D	0	N	0	R	С
U	R	E	G	Р	J	A	z	×	L
1	N	A	н	K	н	D	w	м	1
V	0	L	U	N	т	A	R	Y	v
E	Р	т	R	н	L	ĸ	E	в	E
0	U	т	1	U	R	С	E	R	s











TRY THIS ONE!!! Unlock the mystery message using the numbers which correspond the missing letters...

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 ABCDEFGHIJKLMNOP 17 18 19 20 21 22 23 24 25 26 27 28 29 QRSTUVWXYZ.,!



2 5 1 18 5 7 21 12 1 18 2 12 15 15 4

A 15 14 15 18 1 14 4

8 5 12 16 19 1 22 5 19 29

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