



# CLUB ADVISORY

## No. 38-2024

Please be advised that the Club will **host a bloodletting program** in partnership with the **De La Salle University Medical Center** on **June 18, 2024 from 9:00 AM to 3:00 PM**. This program is **open to all employees and members of the Club**.

### GUIDELINES FOR DONORS:

- |   |
|---|
| ✓ Open to ages 18-55 years old.   |
| ✓ Must be at least 110 lbs. or 50 kgs.  |
| ✓ No tattoo or body piercing.   |
| ✓ With at least 6 hours of sleep prior to donation.   |
| ✓ No cough and cold.  |
| ✓ No alcohol intake for the past 24 hours.  |
| ✓ No history of any disease. (i.e. Heart Disease, Tuberculosis, etc.)   |
| ✓ No maintenance drugs. (i.e. Hypertension, Diabetes, etc.)   |
| ✓ For females: No menstruation at the time of donation, at least <b>7 days after</b> the last day of menstruation or <b>before</b> the expected date of menstruation. |
| <b><u>Interval since last donation must be:</u></b>   |
| ✓ FOR MALE – at least 3 months  |
| ✓ FOR FEMALE – at least 6 months  |

**Members may sign up at the HR Office** starting **June 16, 2024 from 8:00 AM to 5:00 PM**. For more information, please contact the HR Office at **0917-714-6046**.

Thank you for your continued support.