

## Hospitals near you!

### Alabang / Paranaque Area:

- Asian Hospital 771-9000  
2205 Civic Dr.  
Festival Coop. Center

### Greenhills Area:

- Cardinal Santos Medical Center  
727-0001  
8 Wilson St., Greenhills

### Fort Bonifacio Global City:

- St. Luke's Medical Center at Bonifacio  
Global City 789-7700

### Makati Area:

- Makati Medical Center  
888-8999  
Amorsolo cor. Dela Rosa

### Mandaluyang / Pasig / Ortigas Area:

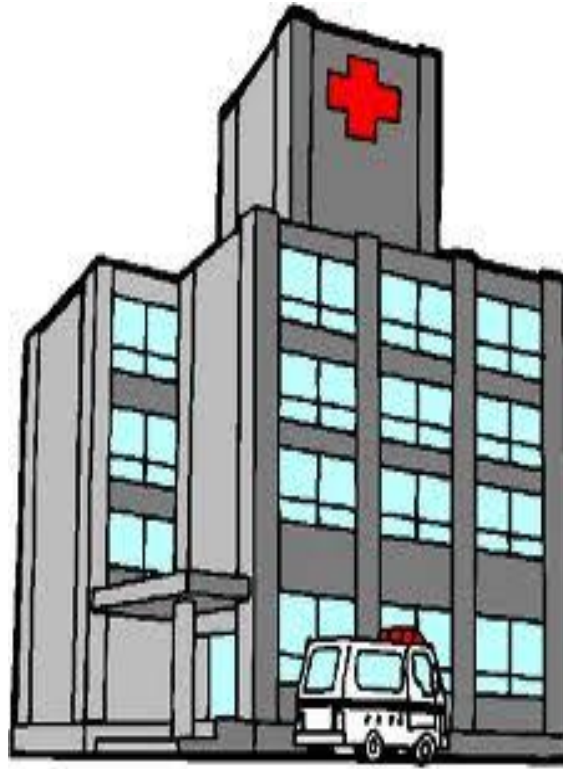
- Medical City Hospital  
635-6789  
Meralco Compound cor. Ortigas Ave.

### Manila Ermita / Roxas Blvd. Area:

- Manila Doctor's Hospital  
542-3011  
667 United Nations Ave.
- Medical Center Manila  
523-8131  
1122 General Luna St.
- Phil. National Red Cross  
521-3929 (general #)  
527-0000 loc. 106 (blood bank)  
Bonifacio Dr., Port Area Manila

### New Manila / Quezon City Area:

- National Kidney & Transplant  
Institute: 981-0300 or 981-0400  
local 1052  
East Ave. cor. Quezon Circle
- Philippine Heart Center



925-2401 East Ave.

- St. Lukes Medical Center  
723-0101  
279 E. Rodriguez Ave.

## The Rh-negative Factor:

To be sure we have adequate resources, donors of all blood types are needed in our database—especially those with the Rh-negative factor. Negative factor blood types are very rare in the Philippines (less than 1% of the population are Rh-), and in the Asian population in general. So, if you or family members are Rh negative, please first be informed about blood resources available and second register with the AWCP Blood Donor Program.

# Blood Donor Committee

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of the  
Philippines



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## Welcome to the Philippines!

Living in a different country can be a rewarding and challenging experience. One challenge (that we hope you never face) is that you or a loved one may find yourselves in an emergency health situation, possibly requiring a blood transfusion. Please know that if you face this issue, the AWCP Blood Donor Program is here to assist you.

Our program was established in 1979 to help AWCP members, their spouses and families. We are not a blood bank, instead our group is a network of AWCP members and/or spouses willing to be a volunteer when an emergency need arises. We also provide service to the expat community—as the AWCP is part of an international network of blood donors in the Philippines.

If you are willing to be a part of this confidential volunteer network of donors, please contact one of the AWCP Blood Donor Committee representatives at the General Meetings or the Newcomers Meetings. We will be happy to answer your questions and take needed

information at these events. If you do not know your blood type, please identify your blood type as soon as possible because some blood types are more difficult to locate.

## What is Dengue?

Dengue is an acute infectious disease caused by a flavivirus that is transmitted by *Aedes aegypti* mosquitoes and characterized by headache, severe joint pain, and a rash—also called breakbone fever or dengue fever.

## Why does the AWCP BDC want YOU to know about DENGUE PREVENTION?

Because dengue cases and the need for blood are linked. So the better we can prevent bites and breeding places, the less likely you may find yourself or a family member hospitalized by a preventable illness.

## General Information:

The frequency of dengue increases in the rainy season of the Philippines, which is during July through December.

## Preventing Mosquito Bites:

- Keep mosquitoes out. Repair screens promptly.
- Vigilantly use slow burning mosquito coils, electric vapor mats, and citronella candles.
- Apply mosquito repellents to exposed parts of the body. DEET is

recommended, and low doses are safe for kids.

## Eliminating Mosquito Infestation:



The *Aedes aegypti* Mosquito

Female mosquitoes prolifically lay eggs any place where water collects. Adults hatch out in 7 days.

- Drain vases, plant saucers, plant leaf axils, decorative jars, pots, refrigerator drip pans, air conditioning drip tubing, tree stumps, catch basin, & hollow blocks; just to name a few.
- Use pesticides for mosquitoes wherever necessary.
- Inquire with your village if/when they conduct their regular spraying of the street drains.

## When you are ill:

Health care professionals have often said “force fluids!”

- Extra fluid intake during the fever stages of dengue may be the single most needed supportive care.
- Diagnosis and immediate early treatment helps prevent life-threatening complications of internal bleeding from the severe “hemorrhagic fever.”