



Po Leung Kuk
Lo Kit Sing (1983) College

保良局羅傑承(一九八三)中學

Cheung Hong Estate, Tsing Yi, N.T., Hong Kong

香港新界青衣長康邨

Tel: 2497 7110

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Dear Parents,
各位家長：

P24132

“2024/25 Blood Donation Day”

「2024/25 捐血日」

To encourage students to participate in community service and understand the importance of helping others, the Hong Kong Red Cross will hold a blood donation event at our school on 28 March 2025 (Friday) from 9:30 am to 3:30 pm. Students aged 16 and above are welcome to participate. On the blood donation day, experienced medical staff will be present to ensure safety. For more details, please refer to their website: <https://www5.ha.org.hk/RCBTS/>.

Registration for the event will begin on 5 March. We hope parents will actively support their children in participating in this charitable act, enhancing the power of kindness in our society through their involvement. If you have any enquiries, please contact Ms. Chow Pui Yee at 24977110.

為培育學生樂於助人的精神，本校積極響應紅十字會的呼籲，支持捐血救人的活動。香港紅十字會將於2025年3月28日(星期五)蒞臨本校舉辦捐血活動。凡年滿16歲或以上的學生皆可參加。捐血當天，將有富經驗的醫護人員隨侍在側，已策安全。詳情可參閱其網頁：<https://www5.ha.org.hk/RCBTS/>。

活動於3月5日開始接受報名。期望家長積極支持 貴子女參與此善舉，透過身體力行，增進社會行善的力量。如有任何查詢，歡迎隨時與周貝怡老師聯絡。(電話:24977110)

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保良局羅傑承(一九八三)中學



Law Wing Chung, Principal 羅穎忠校長

5th March 2025 二零二五年三月五日



香港紅十字會輸血服務中心

HONG KONG RED CROSS BLOOD TRANSFUSION SERVICE



Parent/Guardian Consent To Blood Donation By Minors Aged 16 & 17

Name of Parent/Guardian : _____ (Block Letter)
 Contact / Mobile Tel. : _____
 Home Tel. : _____
 Date : _____

I hereby consent the minor named _____ (Block Letter) to donate blood.

I, fully understand that:

- a general health screening including measurement of body weight and height, haemoglobin, blood pressure and body temperature will be performed prior to the donation*;
- the blood collected will be tested for transfusion transmittable infections including Hepatitis B, Hepatitis C, HIV, Human T Lymphotropic virus and syphilis; and
- adverse reactions may occasionally happen during blood donation while they are usually mild and short-lasting. These reactions include bruising, pain, inflammation, infection or skin allergy around the needle puncture site, dizziness or fainting after donation;
- Iron-rich red blood cells are donated in the course of blood donation. Replenishment of iron is essential for human body to produce new red blood cells after each donation. Free oral iron supplements are provided to donors to enhance iron restoration. Donors are also advised to take iron-rich foods in regular diet.



Blood Donation Information

 (Signature of the Parent/Guardian)

*Blood donations are performed by trained professional staff of the Hong Kong Red Cross Blood Transfusion Service. All procedures taken are safety measures to protect the donors and recipients. Persons below 16 will not be accepted. Persons aged 16 & 17 can only donate three times a year with an interval not less than 150 days. Donor weighing 41kg to less than 50kg can donate 350ml whereas weighing 50kg or above can donate 450ml.

For enquiry, please call 2710 1298 / 2710 1273 / 2710 1201 (office hour) or visit our website www.ha.org.hk/rcbts

十六及十七歲之捐血人士家長 / 監護人同意捐血書

家長/監護人姓名 : _____ (請寫正楷)
 聯絡電話 : _____
 住宅電話 : _____
 日期 : _____

本人同意 _____ (捐血者姓名) 參加捐血。(請寫正楷)

本人完全明白：

- 捐血前需接受健康查詢、量體重及身高、測試血紅素、量血壓及體溫等程序*。
- 捐出的血液均會接受乙型肝炎、丙型肝炎、愛滋病、T淋巴細胞病毒、梅毒等各項傳染病的測試。
- 部分捐血者可能會於捐血時偶有不良反應，如入針部位瘀腫、疼痛、發炎、感染或皮膚過敏，捐血後感到頭暈或昏倒等。這些情況一般都是輕微並會於短暫時間後消失。
- 血液中的紅血球含豐富鐵質，因此每次捐血後必須注意鐵質之補充，以讓身體可再次製造新的紅血球。中心更為捐血者免費提供口服鐵質補充劑以加快提升體內鐵質儲存量，同時亦鼓勵捐血者於日常飲食中加強攝取鐵質。



捐血資訊

 (家長/監護人簽署)

*捐血過程皆由本中心專業護理人員執行，所有程序均為保障捐血者及受血者的安全而設。年滿16歲人士方可捐血；16及17歲之首次捐血者，必須先取得家長/監護人同意；每年最多捐血三次，每次相隔不少於150天。體重41公斤或以上至不足50公斤可捐血350毫升；體重50公斤或以上可以捐450毫升。如有查詢，請電 2710 1298 / 2710 1273 / 2710 1201 (辦公時間)或瀏覽中心網頁 www.ha.org.hk/rcbts