



香港紅十字會輸血服務中心
Hong Kong Red Cross Blood Transfusion Service



Blood 事 通 訊 Post

夏Summer
2014

通訊 Newsletter

捐血救人
您我齊心

United Hearts
for Blood Donation

感謝所有無私奉獻
的捐血者

A big thank-you to all selfless
and generous blood donors



週年捐血頒獎典禮 2014

Annual Donor Award Ceremony

2014年度週年捐血頒獎典禮分別於6月1日及6月8日假九龍灣國際展貿中心圓滿結束。過去一年，中心收集逾247,041袋血液，按年增加1%，並製成629,714袋血製品作治療病人之用，完全滿足全港醫院的用血需求。

頒獎典禮獲獎人數眾多，累積達25次或其倍數的捐血者總人數共2,900位。眾多參與捐血活動的中學中，福建中學（小西灣）榮獲賈詹士夫人盃（頒給參加捐血人數最高百分比學校）；孔教何郭佩珍中學奪得輸血服務盃（頒給參加捐血人數最多學校）；特別榮譽獎則頒予香港理工大學及宏利人壽保險（國際）有限公司以表揚他們捐血活動的支持。

The Annual Donor Award Ceremony 2014 was held at the Kowloonbay International Trade & Exhibition Centre on 1 June and 8 June respectively. A total of 247,041 units of blood were collected in the past year, an increase of 1% year on year. The collected blood was processed into 629,714 units of blood products that were sufficient to meet the hospital demands.

The number of donors who cumulatively donated blood 25 times or its multiples in the past year reached 2,900. As regards all participating secondary schools in blood donation events, Fukien Secondary School (Siu Sai Wan) won the Jean Cassels Trophy for their highest percentage participation; Confucian Ho Kwok Pui Chun College won the BTS Trophy for their highest number of donations. The Special Merit Award was presented to the Hong Kong Polytechnic University and Manulife (International) Limited to credit their support for blood donation.



受血者由衷感謝捐血者改寫她的生命
Blood recipient sincerely thanks the blood donor who changed her life



香港理工大學獲頒特別榮譽獎
Hong Kong Polytechnic University is presented with the Special Merit Award



孔教何郭佩珍中學獲得輸血服務盃
Confucian Ho Kwok Pui Chun College won the BTS Trophy



香港捐血最高紀錄保持者李錦強捐血逾525次，由袁國強律政司司長頒獎。
Receiving an award from Rimsy Yuen, Secretary for Justice, blood donation record holder Li Kam Keung has made over 525 donations



福建中學（小西灣）榮獲賈詹士夫人盃
Fukien Secondary School (Siu Sai Wan) won the Jean Cassels Trophy.



新月新血招募行動 New Month New Donor Recruitment Campaign

中心於4月1日開展「新月新血招募行動」計劃，期望透過特別安排可每月平穩地吸引更多人士參與捐血，其中包括將每個月的第一天定為「新血日」，藉此定期鼓勵市民參與這個有意義的行動，亦為從未捐血人士在每月「新血日」提供額外動力參與捐血。

為讓市民輕鬆踏出捐血第一步，中心將有以下安排：

1. 每天為每位新捐血者送上迎新包，內附：
 - I 第一次捐血紀念章
 - II 第一次捐血貼紙
 - III “Give Me Five”五次捐血紀錄咭
 - IV 新捐血者手冊
 - V 血型紀念章(於收到捐血咭後到任何一間捐血站索取)
2. 各捐血站在每月「新血日」添上掛牆裝飾加添捐血氣氛
3. 各捐血站及流動捐血點將為新捐血者提供精緻道具作拍照之用
4. 如捐血者願意，中心會盡量安排首次捐血者坐在一起(視乎現場情況而定)，讓大家可以互相鼓勵，共同經歷這個珍貴時刻
5. 如新捐血者要求的話，中心亦會在運作情況許可下為他們拍攝及編印捐血後留影相片一張

註：市民仍可在全年任何時間加入捐血行列，中心會在任何一天照樣給新捐血者送上迎新包及有以上(3)、(4)和(5)的安排

Kicked off on 1 April, the “New Month New Donor Recruitment Campaign” aims at steadily attracting more people to donate blood every month by lining up special arrangements, including designating the first day of each month as “New Donor Day”. Hopefully those who have never given blood and need an extra boost to participate in blood donation will feel more motivated to take action. To make taking the first step of blood donation easy, the following arrangements are made:

1. First time donors will receive a welcome pack containing the following items:
 - I First donation commemorative badge
 - II First donation sticker
 - III “Give Me Five” Donation Record Card
 - IV New donor handbook
 - V Blood type commemorative pin (obtained at any donor centre upon receipt of donor card)
2. The donor centres will be put up theme-matching décor on “New Donor Day” of each month to create a better atmosphere.
3. Special props will be provided for all blood donation venues.
4. If two or more new donors are present, they will be seated together when possible so that they can support each other and share the precious moments.
5. Upon request of new donors, one post-donation photo will be taken and printed out for the new donors subject to actual operational situation.

Note: Anyone is welcome to participate in blood donation all year around. The items that are mentioned in (3), (4) and (5) and the welcome pack will be presented to new donors on any day.

我成功捐了第一次血啦!
I have given my first
blood donation!



輸血服務中心網頁換上新貌 BTS Website Has Got a New Look

輸血服務中心已於5月24日推出全新網頁，為市民更容易掌握更詳盡的中心資訊。全新網頁除版面更吸引外亦添加不少新功能，例如捐血日期計算器、血庫存量及捐血數字圖示、每頁直接分享按鈕等，還不快快登入 <http://www.ha.org.hk/rcbts> 體驗全新瀏覽經驗！

BTS launched its revamped website on 24 May to let you access its news and information easier, and in greater detail. The new website is not just about looks but contains some new functions such as a donation due date calculator, blood inventories and number of donors indicators and a sharing button on every page. Be among the firsts to try out the new website surfing experience at <http://www.ha.org.hk/rcbts>!

血庫存量

A型 B型
O型 AB型

充裕 滿載 尚可 低 (請即行動)

昨天捐血人數: 914人
每日捐血人數目標為 1,000人

中心血庫存量及捐血人數可在首頁可見
Information on blood inventories and number of donors is found on the homepage



捐血日期計算器話您知是否已逾期捐血或最快下次捐血日期
The donation due date calculator tells you whether you are overdue for blood donation or your earliest next donation date

捐血者分享 Blood Donor Sharing

大家好！我是阿雪，現時是一名定期捐血者。從前，我每次捐血都十分擔心不能通過血紅素測試。要成為一位合資格的女捐血者，血紅素必須界乎11.5至16.5度，可是我每次只有7至9度，原因是我對鐵質豐富的食物如蝦，花生等出現敏感。直至一次我終於通過血紅素測試，在健康查詢時，中心護士向我推介口服鐵質補充劑，那時心想：「既然可幫助我補充鐵質而又沒甚麼副作用，值得一試！」因此，我便開始服用鐵質補充劑。服用期間只要注意多喝水及進食蔬菜便會減少便秘的情況。服用補充劑後，我每次都可輕易通過血紅素測試。如大家希望可成為恆常捐血者的話，便可向中心當值護士詢問鐵質補充劑計劃，每次捐血都可通過血紅素測試便可幫助更多有需要的病人了！

Hi! I am Ah Suet and a regular blood donor. I used to worry about not passing the haemoglobin (Hb) test. For female donors, the Hb level should be in the range of 11.5 to 16.5. However, my Hb level was only 7 to 9 because I was allergic to iron rich food such as shrimps, peanuts, etc. Until one day when I could pass the Hb test and received health screening, the nurse recommended me to take some iron supplement. I was thinking that it should be worth a try if it could help me replenish iron with minimal side-effect. Drinking more water and increasing the intake of vegetables are advised in order to minimize the occurrence of constipation while on the supplement. After starting the iron supplement course, I have had no problem with my Hb level. If you also want to become a regular blood donor, you can speak to the nurse on duty about the iron supplement programme. When you can pass the Hb test every time, it means that you can help more patients in need!

阿雪樂於成為恆常捐血者

Ah Suet is pleased to be a regular blood donor



血型章補領計劃

Blood Type Pin Replacement Scheme



快點把握機會，
再次把它帶回家吧！
Take this chance
take it home

還記得那些年，大家於第一次捐血不久後獲贈屬於您血型的血型紀念章一枚。對於很多捐血者來說，這枚章份外特別。

如您已遺失了血型章，我們現在給您一個再擁有它的機會。只要遺失血型章人士從現在起至本年底再次回來成功捐全血或成份血，便可在捐血後向中心即時補領一枚屬於您的血型紀念章了。

詳情請參閱中心網頁 www.ha.org.hk/rcbts。

You may still remember the day when you were presented with a blood type commemorative pin soon after your first donation. To many donors, this pin is especially special.

If you have lost your blood type commemorative pin, here is the chance for you to replace your pin one more time! When you donate whole blood or blood components again any time from now until the end of this year, you can request a pin for your blood group immediately following your donation.

Please refer to our website www.ha.org.hk/rcbts for further details.

世界捐血者日

World Blood Donor Day 2014

每年6月14日是全球多國慶祝「世界捐血者日」的日子，以感謝所有自願無償捐血的人士，並且推動無私的自願無償捐血行動。今年活動關注點為「安全血液救助母親生命」，藉以提高世界各國對及時獲得安全血液及血製品以預防孕產婦死亡措施的認知。

中心在馬鞍山廣場舉行的「世界捐血者日」壓軸慶祝典禮，邀得食物及衛生局局長高永文醫生、樂壇天后陳慧琳、傑志足球隊隊長盧均宜及隊員曾錦濤出席參加典禮及呼籲市民捐血，並由電台主持阮小儀擔任大會司儀，讓我們一起分享當日的點滴。

World Blood Donor Day (WBDD) is celebrated on the 14th of June every year to thank all voluntary, unpaid blood donors as well as promoting such selfless mode of blood donation. The focus for this year's campaign was "safe blood for saving mothers" in hopes of increasing awareness about why timely access to safe blood and blood products is essential for all countries as part of a comprehensive approach to preventing maternal deaths.

Dr Ko Wing-man, Secretary for Food and Health, Kelly Chen, Lo Kwan Yee, and Tsang Kam To, captain and member of Kitchee Football Team respectively, were present at the ceremony to appeal for more blood donation. Kitty Yuen (Siu Yee) acted as the MC of the ceremony. Let us share some snapshots of the event with you.



傑志足球隊盧均宜(右)及曾錦濤呼籲市民捐血
Lo Kwan Yee (right) and Tsang Kam To of Kitchee Football Team encourage people to donate blood



樂壇天后陳慧琳擔任世界捐血者日活動大使
Pop singer Kelly Chen was the World Blood Donor Day Ambassador



嘉賓們感謝捐血者
獻血救命
Guests give thanks to life-saving blood donors



小儀(右一)訪問婦產科劉偉霖顧問醫生、捐血者及受血者，帶出「獻血給生育我們的母親」的信息
Siu Yee (right 1) interviews Dr Lau Wai Lam, Consultant, Department of Obstetrics and Gynaecology, a blood donor and recipient to bring out the "give blood for those who give life" message

市民一家到留影角拍照
A family have photos taken in the photo corner



高永文局長為捐血者打氣
Dr Ko Wing-man cheers blood donors on



盧均宜一展球技為世界盃捐血最強推廣月主持開展儀式
Lo Kwan Yee shows off his football techniques to kick off the World Cup Blood Donation Promotion Month

捐血者同樂日

Blood Donors Fun Day

Blood之花絮
Blood Activity Snapshots

輸血服務中心於2月22日在總部首次舉行捐血者同樂日，希望透過攤位遊戲、開放流動捐血車、服務展覽、教育講座、醫生即場解答捐血問題等環節讓捐血者可與親友一同參加與捐血有關的活動，同時亦可認識其他捐血者。各參加者都滿載而歸，並希望中心未來舉辦更多類似活動。



BTS held its first ever blood donors fun day at its Headquarters on February 22. Games booths, opening of mobile donation vehicle, service exhibition, educational talk and doctor information counter were lined up to allow both donors and their friends and family to take part in a blood donation-related activity. Blood donors could also get to know each other on the occasion. All participants returned home with lots of sweet memories and gifts and hoped that more such events would be organized in future.



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網址 Website



臉書專頁 Facebook



捐血日計算器 Donation Due Date Calculator

