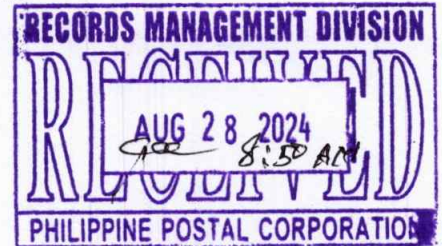


MEMORANDUM

**FOR/TO : ALL ASSISTANT POSTMASTERS GENERAL
ALL AREA DIRECTORS
ALL DEPARTMENT MANAGERS
ALL EMPLOYEES
This Corporation**

SUBJECT : TAAL VOLCANO ERUPTION

DATE : 20 August 2024



The Philippine Institute of Volcanology and Seismology (Phivolcs) has been monitoring continuous degassing activity at Taal Volcano, which has resulted in hazy conditions in nearby communities due to volcanic smog.

In view of the foregoing, we encourage the following health precautions;

1. Strict wearing of masks (e.g. at least disposable surgical facemasks, KF94 or KN95)
2. Drink plenty of water to prevent throat infection.
3. Consult your doctor if you experience difficulty breathing and / or eye irritation.

You may properly notify your respective supervisor for your sickness absence and you may consult through the Medical Clinic Facebook page <https://www.facebook.com/phlpostmed>.

Thank you.

LUIS D. CARLOS
Postmaster General and CEO

LADA / MEGV / VSDL

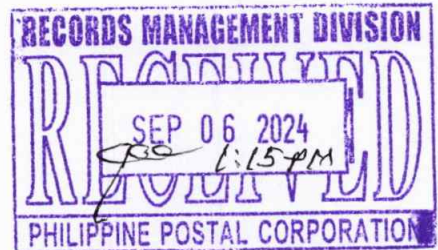


MEMORANDUM

TO : All APMG'S
All Area Directors
All Department Managers
All Division Chiefs
All Employees

SUBJECT : Fire Prevention Reminder

DATE : 21 August 2024



According to the survey conducted by the Bureau of Fire Protection (BFP), faulty wiring system is one of the major causes of fire in the Philippines. Electrical connection problems caused by electrical overloading, worn-out wiring and improper maintenance of broken wires may lead to short circuits (critical ignition point of electrical system). Aside from visible electrical problems seen from outlets and cords, there are also fire risks from electrical components that often ignored or unnoticed. Hence, thorough inspection is really important.

In view hereof, you are directed to conduct ocular inspection of all electrical system and implement necessary action to avoid fire and any mishap in your office. Any sign that might cause fire in the future must be reported immediately to the Chief of Maintenance and Miscellaneous Division, General Services Department for appropriate action.

Compliance of all concerned is enjoined.

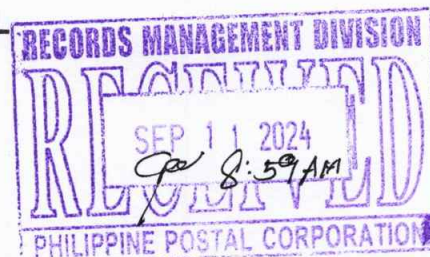


LUIS D. CARLOS
Postmaster General and CEO



MEMORANDUM

**FOR/TO : ALL ASSISTANT POSTMASTERS GENERAL
ALL AREA DIRECTORS
ALL DEPARTMENT MANAGERS
ALL EMPLOYEES
This Corporation**



SUBJECT : HYPERTENSION AWARENESS LECTURE

DATE : 05 September 2024

Hypertension is popularly known as high blood pressure. It is among common disease of the cardiovascular system. Also, it is one of the major risk factors in the development of stroke, heart attack and leading cause of death in the Philippines.

In related to this, the Human Resource Management Department-Medical Services will conduct a lecture via zoom platform on 20 September 2024, 9:00 AM to 11:00 AM.

Zoom Meeting details:

Meeting ID: 537 545 0837

Passcode: phlpost@24

This program serves several purposes, which includes the following;

1. To inform the employees about hypertension, including its definition, causes, and risk factors.
2. To increase awareness about prevalence and impact of hypertension on health and well-being.
3. To provide strategies for preventing hypertension through lifestyle changes and early detection.
4. To discuss methods for managing and treating hypertension, including medication, diet and exercise.

Overall, our goal is to enhance understanding and promote better health practices related to blood pressure control among our employees.

For questions and concerns you may contact us through our Facebook account <https://www.facebook.com/phlpostmed>.

Thank you.

LUIS D. CARLOS
Postmaster General and CEO

LADA / MEGV / VSDL

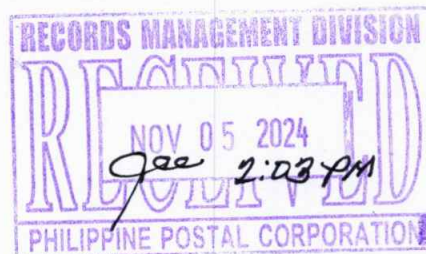


MEMORANDUM

**FOR/TO : ALL ASSISTANT POSTMASTERS GENERAL
THE AREA DIRECTOR, MEGA MANILA
ALL DEPARTMENT MANAGERS/DIVISION CHIEFS
ALL POSTMASTERS, MEGA
ALL EMPLOYEES
This Corporation**

SUBJECT : BLOOD DONATION ACTIVITY

DATE : 28 October 2024



In celebration of the 257th Philippine Postal Anniversary, we have partnered with the Philippine Red Cross (PRC), the country's humanitarian organization for blood donation activity on **08 November 2024, Friday, 8:00 AM - 4:00 PM at PHIL ID Center, PHLPost CMEC, Pasay**. The PHLPost Medical Services is in solidarity in serving humanity through this collective action of blood donation. The contribution of our postal workers for this noble cause will be very valuable in the promoting health in the spirit of volunteerism.

If interested, listed below are the initial donor qualifications. Leaflets and posters will be disseminated for promotion.

- 1. Age - 18 – 60 years old (61 -- 65 y.o. if regular donor)
- 2. Weight - at least 110 lbs (approximately 50 kg)
- 3. Blood Pressure - Between 90-160 mmHg (systolic)
Between 60-100 mmHg (diastolic)
- 4. Pulse Rate - 50 – 100 beats per minute
- 5. Body Temperature - must not exceed 37.5 degrees centigrade
- 6. Hemoglobin - at least 125 g/L (12.5 g/dL)
- 7. Rest - minimum 5 hours of quality of sleep
- 8. Alcohol - NO alcohol intake 12-24 hours prior
- 9. Food - with food eaten prior, no fatty foods
with enough hydration

If interested, there will be a pre-registration to approximate the expected number of donors. Please send the list of the interested donors per department to philpost.medicalservices@gmail.com or submit the list to the medical clinic on or before 04 November 2024, Monday.

Thank you and we look forward on your participation.



LUIS D. CARLOS
Postmaster General and CEO



LADA / MEGV / BRAL

