



SINGAPORE, 10 September 2015

HSA UPDATES

“HSA UPDATES” addresses topics of current public interest, and is subject to change as more information becomes available.
HSA UPDATES NO 1/2015

HSA UPDATES ON THE PRECAUTIONARY MEASURES TAKEN DURING THE CURRENT HAZE SITUATION

In the current haze situation, the Blood Services Group of Health Sciences Authority is taking additional precautionary measures to ensure the health and safety of our blood donors. According to the Ministry of Health’s advisory, haze particles can affect the heart and lungs, especially in people who already have chronic heart or lung conditions.

2 Donors are therefore urged to observe the following criteria and conditions:

PSI VALUE¹	DONATION CRITERIA
Below 100	No change to the current donation and deferral criteria
101-200	Donors below the age of 18 are advised to defer their blood donation until the air quality improves (PSI below 100).
Above 200	Donors are urged to defer their blood donation until the air quality improves (PSI below 100), if they: a. Are below the age of 18 or above the age of 60. b. Have mild asthma and mitral valve prolapse. c. Have not donated blood before.

3 Donors who are affected by these precautionary measures are urged to postpone their blood donation until the PSI is back to healthy levels. We apologise for the inconvenience caused and look forward to your continued support for the National Blood Programme.

4 As blood is needed daily – even during the haze situation – we appeal to donors who are in good health and eligible to donate blood to come forward and help the patients in need, especially on days when the weather and air quality are good.

¹ Refers to 24-hr PSI reading.

- 5 All donors are advised to:
- Drink at least 500ml of water before and after their blood donation.
 - Rest at least 20min after their blood donation.
 - Refrain from strenuous activities for 24 hours post-donation.

6 Should you need further clarifications, you may call the Bloodbank@HSA at 6213 0626 or the Singapore Red Cross at 6220 0183.

**HEALTH SCIENCES AUTHORITY
SINGAPORE
10 SEPTEMBER 2015**

• **About the Health Sciences Authority (HSA)**

The Health Sciences Authority (HSA) applies medical, pharmaceutical and scientific expertise through its three professional groups, Health Products Regulation, Blood Services and Applied Sciences, to protect and advance national health and safety. HSA is a multidisciplinary authority. It serves as the national regulator for health products, ensuring they are wisely regulated to meet standards of safety, quality and efficacy. As the national blood service, it is responsible for providing a safe and adequate blood supply. It also applies specialised scientific, forensic, investigative and analytical capabilities in serving the administration of justice. For more details, visit <http://www.hsa.gov.sg/>.

For more updates on public health and safety matters, follow us on Twitter at www.twitter.com/HSAsg.

• **About HSA Updates**

The “HSA Updates” seeks to provide current information, in a consistent and accurate manner, on topics of public interest. For all issues of HSA Updates, please visit www.hsa.gov.sg, click “News”, and select “HSA Updates”.

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