



HELLENIC RED CROSS



QUARTERLY MAGAZINE

 WHEREVER THERE'S A NEED

WWW.REDCROSS.GR

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Message from the President of the Hellenic Red Cross

Dear Red Cross women
Dear Red Cross men,

The ever-accelerating pace of life of the human community, with successive changes and modifications, shapes conditions that make vigilance and the full readiness of the Hellenic Red Cross (H.R.C.) necessary. Our presence must bridge the distance between our stable principles and human needs. We are ethically inspired by an idea and a vision: to transform into action the presence of the H.R.C. at the forefront, strengthening its historical course and its perspective in the current difficult international context. Through innovative social interventions and pioneering actions of preventive and therapeutic importance, we stand by people in need of immediate assistance who live in urban and peri-urban marginalized environments, providing a framework of protection and living. The volume of activities, being excessive and vast, does not allow me to present it in more detail. From the Tracing Services of the Hellenic Red Cross to the encouragement of children's and youth participation in its activities, to climate change and ecology, our attention is focused on the essence of the extremely adverse social conditions. Conditions that make collective voluntary action necessary, expressed through a homogeneity of beliefs and values that take place within the Hellenic Red Cross.



With self-awareness and selfconsciousness, we move forward in highlighting the essential role of the H.R.C. through the management and addressing of the problems of human society

With Red Cross greetings,

The President of the Hellenic Red Cross

Dr. Arsenios Angelopoulos

Pharmacist, Retired Major General

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The Hellenic Red Cross informed 1,136 citizens in Northern Greece about breast cancer

The Hellenic Red Cross, with a focus on prevention and health promotion, successfully completed a six-day awareness, information and education campaign entitled 'Breast Cancer Awareness and Prevention', which took place from 12 to 17 May 2026 in Northern Greece. The Hellenic Red Cross Mobile Health Unit travelled more than 1,500 kilometres, delivering a message of prevention, early diagnosis and solidarity to the cities included in its route: Edessa, Arnissa, Serres and Drama

The campaign's medical and nursing interventions focused on five key areas: free clinical breast examinations by specialized physicians; prescription of imaging tests for screening purposes; counselling support and referral to Public Health Units whenever further evaluation was required; experiential training in breast self-examination using educational breast models; and the distribution of printed informational material tailored to the needs of the public





A total of six open information and prevention activities were carried out: two in Edessa, one in Arnissa, one at Eleftherias Square in Serres, and two at the Municipal Garden – Statue of Liberty Square in Drama. In parallel, two informational events were held in schools. At the Evening Vocational High School of Edessa, the topic 'Sexual Health and Safe Behaviour' was presented, while rapid screening tests for HIV, Hepatitis B, Hepatitis C and syphilis were also conducted. At the Evening Junior High School of Serres, an awareness session entitled 'Strength is Being Able to Say NO' was held, focusing on the prevention of substance use among adolescents.

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The Hellenic Red Cross carried out a major volunteer blood donation drive on the remote island of Kasos

The Hellenic Red Cross (HRC), remaining true to its mission of standing by every person in need, regardless of distance, challenges or geographical limitations, carried out, for the second consecutive year, a three-day humanitarian mission to the remote and historic island of Kasos, from 21 to 23 June 2026, delivering a powerful message of life, solidarity and voluntary service

In one of the country's most remote island destinations, the Hellenic Red Cross, through its historic Blood Donation Service and in collaboration with the Municipality of Heroic Island of Kasos, the Federation of Dodecanesian Associations of Athens-Piraeus and the Association of Dodecanesian Youth Worldwide, organized a voluntary blood donation campaign, bone marrow sample collection initiative and public awareness activities on First Aid

The warm response of the residents of Kasos confirmed that the values of volunteerism and selfless contribution remain deeply rooted in local communities throughout Greece. At the same time, bone marrow samples were collected. It is worth noting that residents of all ages showed great interest in attending informative lectures and First Aid demonstrations delivered by the nursing staff of the Hellenic Red Cross



The Mayor of the Heroic Island of Kasos, Mr. Michalis Erotokritos, warmly thanked the Hellenic Red Cross and the Head of the Hellenic Red Cross Blood Donation Service, Ms. Maria Kourkoulakou, for organizing such an important initiative in Kasos for the second consecutive year. He highlighted its significance in strengthening the country's blood supplies and fostering a culture of volunteerism among the island's residents

The Hellenic Red Cross will continue to travel to every corner of our country, from major urban centres to the most remote islands, carrying everywhere the timeless message of humanity, solidarity and offering support to our fellow human beings.



The Hellenic Red Cross signed a Memorandum of Cooperation with the Aristotle University of Thessaloniki

A Memorandum of Understanding was signed on Tuesday, 28 April 2026, by the Hellenic Red Cross and the Aristotle University of Thessaloniki. The signing took place at the Senate Hall of the Aristotle University of Thessaloniki and was carried out by the President of the Hellenic Red Cross, Dr. Antonios Avgerinos, and the Rector of the University, Professor Kyriakos Anastasiadis.

The cooperation between the two organizations, which is expected to have a strong social impact and immediate relevance for the local community, marks the beginning of a dynamic framework of joint initiatives focusing on health prevention and promotion, education and research, as well as the development of volunteerism and social cohesion. Specifically, under the Memorandum, the two parties agreed on the following:

The Hellenic Red Cross will provide assistance and support to the Aristotle University of Thessaloniki in educational activities through the "First Aid for Citizens Programme", in Basic Cardiopulmonary Resuscitation (CPR) and in the use of Automated External Defibrillators (AEDs).

In addition, the Hellenic Red Cross will contribute to the provision of Mental Health First Aid training for emergency response situations, as well as to the training and education of students and staff of the Aristotle University of Thessaloniki in rescue techniques and disaster management methods (fires, floods, earthquakes, etc.).



At the same time, the Hellenic Red Cross will support the organization of blood donation drives, providing the necessary expertise and the assistance of specialized nurses from the Health Sector, while also providing health coverage at major University events.

For its part, the Aristotle University of Thessaloniki will provide the Hellenic Red Cross with modern technological and innovative tools for the development of humanitarian actions, training programmes and awareness events, as well as for the implementation of projects within the framework of social responsibility.

In addition, it will provide suitable facilities (seminar and event rooms) and the necessary technological equipment for the implementation of joint activities, as well as space within the campus for the presence of volunteers and trainers and for the storage of Hellenic Red Cross equipment.

The University will also contribute to enhancing the visibility of the Hellenic Red Cross's activities through its available communication channels, informing the student community, teaching staff and employees about its initiatives



The Hellenic Red Cross signed a Memorandum of Cooperation with the Municipality of Nea Filadelfeia–Nea Chalkidona for the creation of a ‘Centre for Psychosocial Support and Mental Health Promotion for Children and Families’



The Hellenic Red Cross and the Municipality of Nea Filadelfeia–Nea Chalkidona have undertaken a particularly important initiative aimed at strengthening mental health and social cohesion by signing, on Monday, 22 June 2026, a Memorandum of Cooperation for the creation and operation of a ‘Centre for Psychosocial Support and Mental Health Promotion for Children and Families’ in the area. The Memorandum was signed by the Mayor of Nea Filadelfeia–Nea Chalkidona, Mr. Ioannis Tombouloglou, and the President of the Hellenic Red Cross, Dr. Antonios Avgerinos, officially sealing a partnership focused on supporting children, families and

the wider community. With a focus on supporting children, adolescents and families facing contemporary psychosocial challenges.

The new Hellenic Red Cross Centre will operate under the scientific supervision of the Social Welfare Sector of the Hellenic Red Cross and will provide comprehensive psychosocial support, prevention and mental health promotion services. At the same time, it will develop awareness-raising, counselling, vulnerable family empowerment and mental resilience promotion programmes, contributing to the strengthening of community support and social cohesion

substantially contributing to the prevention of social exclusion and marginalization phenomena.

Within the framework of the agreement, the Municipality grants the Hellenic Red Cross the use of a municipal property located at 14 Marathonos Street and Raidestou Street in Nea Chalkidona, including the building’s basement area, for a period of ten years with the possibility of extension. The Hellenic Red Cross will undertake, using its own resources, the renovation and refurbishment of the premises, ensuring that it becomes fully functional and accessible to citizens.

The President of the Hellenic Red Cross signed a Memorandum of Cooperation with the General Secretariat for Equality and Human Rights of the Ministry of Social Cohesion and Family



On 8 April 2026, the President of the Hellenic Red Cross, Dr. Antonios Avgerinos, and the Deputy Minister of Social Cohesion and Family, Ms. Elena Rapti, signed a Memorandum of Cooperation between the Hellenic Red Cross and the General Secretariat for Equality and Human Rights of the Ministry of Social Cohesion and Family for the implementation of FREE First Aid training seminars, within the framework of the 'Neighbourhood Nannies' initiative.

Based on the aforementioned Memorandum, the Hellenic Red Cross and the General Secretariat for Equality and Human Rights of the Ministry of Social Cohesion and Family are developing systematic cooperation to ensure that prospective caregivers participating in the 'Neighbourhood Nannies' initiative, upon its full implementation, receive FREE training by the Hellenic Red Cross. The organization has extensive experience and expertise in educating citizens in First Aid throughout Greece.

At the same time, the discussion focused on the close and fruitful cooperation that has been developed by the current Administration of the Hellenic Red Cross with the Ministry of Social Cohesion and Family, as well as on its further expansion, aiming at new joint, innovative and people-centred initiatives that will provide support and relief to our most vulnerable fellow citizens.

The Hellenic Red Cross honoured His All-Holiness Ecumenical Patriarch Bartholomew at a magnificent ceremony held at the Ionic Centre



On the occasion of World Red Cross and Red Crescent Day (8 May), on Friday, 8 May 2026, the Hellenic Red Cross, through its President Dr. Antonios Avgerinos, honoured His All-Holiness Ecumenical Patriarch Bartholomew at the packed Amphitheatre of the Ionic Centre for his outstanding charitable, social and humanitarian work, awarding him the Hellenic Red Cross's highest honorary distinction, the Gold Cross with Golden Laurel Branch. The event was hosted by journalist Ms. Eleni Chrona.

His All-Holiness Ecumenical Patriarch Bartholomew, in his speech, among other remarks, stated: 'We praise the multifaceted humanitarian work of the Hellenic Red Cross, which, amid hardships and crises, constantly rushes to provide assistance to those in need and those facing hardship, especially in times of natural disasters, armed conflicts, migration flows and social unrest. The work of its volunteers is a living testimony to selfless service and dedication.'

The Ecumenical Patriarchate follows your profound humanitarian mission and commends your work in alleviating human suffering. In a troubled and uncertain world, your service emerges as a calm yet powerful light. We congratulate you for your strong sense of responsibility, your selfless contribution and your constant presence wherever suffering prevails, as well as for the readiness and self-sacrifice with which you respond to every challenge.



The President of the Hellenic Red Cross, Dr. Antonios Avgerinos, in his speech, referred with profound respect to His All-Holiness, stating: 'He is an outstanding religious leader, a theologian and scholar, distinguished by deep faith and wisdom, a brilliant education and exceptional cultivation, as well as a unique dedication to his pastoral duties. He is truly a religious leader and shepherd who leads by serving his flock, rather than being served by it.'

For this reason, he has rightfully earned the respect and esteem of citizens around the world.

The event was honoured by the presence of His Beatitude Archbishop Ieronymos II of Athens and All Greece, the Vice President of the Government of Greece and Minister of State, Mr. Kostis Hatzidakis, who addressed the gathering on behalf of the Prime Minister of Greece, as well as numerous representatives of the country's political, state and religious leadership.

The event was also attended by the Secretary General of the Hellenic Red Cross, Mr. Georgios Skoumas, as well as Presidents, volunteers and members of Hellenic Red Cross Regional Departments. A highlight of the unforgettable evening was the spectacular drone show, a tribute to the universal human values that the Hellenic Red Cross has embraced and defended from 1877 to the present day. Finally, the Greek State, recognizing the work of the international humanitarian movement, illuminated the Hellenic Parliament in the colours of the Red Cross.



The Hellenic Red Cross celebrated 149 years of service with a blood donation drive at Syntagma Metro Station – 113 units of blood collected for our vulnerable fellow citizens

The Hellenic Red Cross, on the occasion of the 149th anniversary of its foundation (10 June 1877), carried out a series of activities in the centre of Athens on Wednesday, 10 June 2026, highlighting its multifaceted humanitarian work and its longstanding contribution to Greek society, in the presence of the President of the Hellenic Red Cross, Dr. Antonios Avgerinos. As part of the anniversary events, the Hellenic Red Cross, through its historic Blood Donation Service, organized, from 09:00 to 14:00, a large-scale voluntary

blood donation drive at the Syntagma Metro Multipurpose Hall, with the support of STASY. A total of 150 citizens attended the Hellenic Red Cross blood donation drive, with 113 of them donating blood, while dozens of bone marrow samples were also collected.

The initiative aimed to strengthen blood supplies in order to meet the needs of vulnerable fellow citizens, particularly during the summer months, when a significant decrease in available blood reserves is observed.

At the same time, from 09:00 to 13:00, an awareness-raising activity was held at Syntagma

Square, where Volunteers and staff of the Hellenic Red Cross from all Sectors (Health, Social Welfare, Samaritans-Rescuers and Youth) informed the public about the Organization's work, activities and programmes, highlighting its vital role in providing humanitarian assistance and support to vulnerable fellow human beings. During the event, First Aid demonstrations were carried out for infants, children and adults, as well as for dogs, giving citizens the opportunity to acquire valuable knowledge and skills for effectively responding to emergency situations.



The Hellenic Red Cross honoured 467 students who excelled in the nationwide competitions organized by the Youth Sector



The Hellenic Red Cross (HRC), on Saturday, 20 June 2026, organized with great success an Award Ceremony for students from all over Greece who excelled in the three Nationwide Youth Student Competitions implemented by the Hellenic Red Cross Youth Sector. The ceremony was held in the packed 'Olympia' Hall of the Divani Caravel Hotel, in the presence of numerous representatives of the country's political and state leadership

During the ceremony, 467 primary and secondary education students from all over Greece were honoured, whose works were distinguished in the three thematic categories of the competitions: 1. 'Us and Others: All Different, All Equal', 2. 'The Earth in Our Hands! I Offer to Nature, Not Only to People' and 3. 'My Dog, My Best Friend'. It is worth noting that in the student competitions

organized by the Hellenic Red Cross Youth Sector, in collaboration with the Ministry of Education, Religious Affairs and Sports, involved a total of 1,487 primary and secondary education students from 384 schools across the country, who submitted 782 individual and group projects.



The major event of the Hellenic Red Cross was honoured by the presence of and greetings from the Deputy Minister of Social Cohesion and Family, Ms. Elena Rapti, representing the President of the Greek Government, the Deputy Minister of Finance, Mr. Nikolaos Papathanasis, the Deputy Minister of Tourism, Ms. Anna Karamanli, the Regional Governor of Attica, Mr. Nikos Hardalias, and the

Member of Parliament representing the State and volunteer Samaritan-Rescuer, Mr. Giorgos Stamatis. Also present were the Representative of the President of PASOK-Movement for Change and Deputy Secretary of the Climate Crisis and Resilience Sector, Mr. Leonidas Karabarbass, as well as the Representative of the President of the Greek Solution party and Head of the Education, Religious Affairs and Sports Sector, Ms. Stamo Stergioti

The event featured the Music Group of the Arsakeia-Tositseia Schools of Ekali, with its children's and youth choir, composed of Hellenic Red Cross Youth volunteers. In addition, students from the 6th Primary School of Cholargos 'Stavros Xarhakos' presented a musical and dance performance. The communication sponsor of the event was ERT.



The Hellenic Red Cross carried out a health awareness and prevention initiative at Syntagma

With the occasion of World Health Day (7 April) and this year's theme, "Together for Health. Stand by Science," the Hellenic Red Cross organized a public awareness and prevention event on Wednesday, 22 April 2026, at Syntagma Square (at the entrance to Ermou Street pedestrian walkway). The initiative aimed to raise public awareness, promote disease prevention, and encourage the responsible management of personal health—an especially important effort in strengthening public health.

As part of the initiative, the Hellenic Red Cross Mobile Health Unit provided free preventive health screenings and medical information to hundreds of citizens who attended the event.

The campaign included:

- Free blood glucose testing (blood sugar rapid test)
- Blood pressure screening
- Free rapid testing for HIV, HCV (Hepatitis C), HBsAg (Hepatitis B), and syphilis
- Prescription of laboratory diagnostic tests, where medically indicated

- The campaign also included:
- Education on the correct technique for measuring blood pressure at home
- Basic first aid training
- Education on recognizing the early warning signs of stroke
- The initiative focused on the prevention and early detection of chronic non-communicable diseases (NCDs), including cardiovascular diseases, cancer, diabetes, and chronic respiratory diseases, as well as on mental health. It also provided public information on communicable diseases, including tuberculosis, respiratory infections, and sexually transmitted infections (STIs).

The Hellenic Red Cross brought unforgettable moments of joy, care, and solidarity to students attending the Social Tutoring Program



On Thursday, 21 May 2026, the Hellenic Red Cross (HRC) organized a special celebration for the students of its Community Learning Support Center, held in the courtyard of the HRC Multi-Purpose Refugee Center (4 Alkiviadou Street, Athens), to mark the end of the school year. The event offered children unforgettable moments of play, joy, care, and social interaction, and was attended by Ms. Areti Kentistou, Director of the HRC Social Welfare Division, as well as the Coordinator of the Community Learning Support Center. The event was also attended by Ms. Spyridoula Syrou,

Coordinator of the HRC Multi-Purpose Refugee Center, Mr. Konstantinos Gavrilidis, Director of the HRC Press and Communications Office, and a large number of Hellenic Red Cross volunteers. The large end-of-school-year celebration, organized by the HRC Social Welfare Division, was implemented by social workers, psychologists, and teachers of the Community Learning Support Center, with the support of Social Welfare Volunteers and Samaritans, Rescuers and Lifeguards Volunteers. The event included: The celebration featured sports activities, basketball games, arts

and crafts workshops, and a theatrical performance, accompanied by music provided by an HRC DJ, as well as the distribution of personalized gifts to all participating children. The Community Learning Support Center is an innovative educational and psychosocial support program implemented by the Psychosocial Support Service for Individuals and Families of the Hellenic Red Cross Social Welfare Division. The program aims to provide academic assistance, psychosocial support, and social inclusion opportunities for children and adolescents from vulnerable backgrounds, fostering their educational progress and overall well-being.

The Hellenic Red Cross Had a Strong Presence at the EKO Acropolis Rally 2026



The Hellenic Red Cross (HRC) made a strong and highly impressive contribution to the EKO Acropolis Rally 2026, with its experienced and highly trained Samaritans, Rescuers and Lifeguards Volunteers, supported by advanced operational equipment, playing a vital role in the successful and safe conduct of this year's event.

Specifically, 164 Hellenic Red Cross Samaritans, Rescuers and Lifeguards

Volunteers from 13 Regional Branches across Greece were deployed throughout the EKO Acropolis Rally 2026, supported by 15 HRC rescue vehicles and fully equipped with specialized rescue equipment (including hydraulic cutting tools, rescue ropes, and other technical rescue gear) as well as comprehensive medical equipment.

The volunteers were stationed along all rally stages, providing coverage from the spectacular ceremonial start to the final finish, ensuring a rapid and effective emergency response whenever required.

Throughout the four-day

competition, the Hellenic Red Cross volunteers responded promptly and effectively to every emergency involving both competitors and spectators, ensuring a high level of safety across all rally stages. Representatives of the Fédération Internationale de l'Automobile (FIA) expressed their admiration for the readiness, professionalism, and operational excellence of the Hellenic Red Cross Samaritans, Rescuers and Lifeguards Volunteers. They congratulated the volunteers on their extensive experience and technical expertise, recognizing them as a trusted and long-standing partner in the successful organization and safe conduct of the EKO Acropolis Rally.



Hellenic Red Cross: 4 Guidelines for Managing a Rabbitfish (Pufferfish) Bite



ΛΑΓΟΚΕΦΑΛΟΣ

Όσα πρέπει να γνωρίζετε



ΠΡΟΣΟΧΗ - ΜΗΝ ΤΟΝ ΚΑΤΑΝΑΛΩΝΕΤΕ
Ο λαγοκέφαλος περιέχει στα σπλάχνα του νευροτοξίνη

Το δάγκωμα του λαγοκέφαλου δεν είναι τοξικό, αλλά μπορεί να προκαλέσει πολύ σοβαρό τραυματισμό λόγω των ισχυρών σαγονιών του που μοιάζουν με ράμφος



1 ΚΑΘΑΡΙΣΤΕ ΑΜΕΣΑ ΤΟ ΤΡΑΥΜΑ

- ✓ Ξεπλύνετε πολύ καλά με άφθονο τρεχούμενο νερό και σαπούνι.
- ✗ Μην χρησιμοποιείτε θαλασσινό νερό.
- ✗ Μην εφαρμόζετε τοπικά αντισηπτικά χωρίς οδηγία γιατρού.

2 ΣΤΑΜΑΤΗΣΤΕ ΤΗΝ ΑΙΜΟΡΡΑΓΙΑ

- ✓ Ασκήστε συνεχή πίεση στο τραύμα με καθαρές γάζες ή καθαρό πανί.

3 ΑΝΑΖΗΤΗΣΤΕ ΙΑΤΡΙΚΗ ΒΟΗΘΕΙΑ

- ✗ Οι τραυματισμοί από λαγοκέφαλο μπορεί να είναι σοβαροί.
- ✓ Απευθυνθείτε άμεσα σε γιατρό ή υγειονομική μονάδα.
- ✓ Μπορεί να χρειαστούν αντιετανική προστασία και ράμματα.

4 ΚΑΛΕΣΤΕ ΒΟΗΘΕΙΑ ΑΝ ΒΡΙΣΚΕΣΤΕ ΣΕ ΑΠΟΜΑΚΡΥΣΜΕΝΗ ΠΕΡΙΟΧΗ

- ✓ Καλέστε άμεσα το **166 ή το 112**.
- ✓ Παρέχετε τις πρώτες βοήθειες.
- ✓ Περιμένετε την άφιξη εξειδικευμένης βοήθειας.

The Hellenic Red Cross (HRC), in response to the continuously increasing presence of the rabbitfish (*Lagocephalus sceleratus*) in Greek seas, is informing the public about the risks associated with this species and providing useful First Aid guidelines in the event of an injury caused by its bite. The rabbitfish contains a neurotoxin (tetrodotoxin), which makes its consumption extremely dangerous and potentially life-threatening.

Because the distribution of the toxin varies, no part of the fish can be considered safe for consumption. Although the bite of the rabbitfish is not toxic, its extremely powerful beak-like jaws can cause serious injuries and severe bleeding.

The HRC Health Sector recommends:

- Immediate cleaning of the wound with plenty of clean running water and soap

- Do not use topical antiseptics.
- Apply firm pressure with clean gauze or a clean cloth. If the bleeding is severe, maintain continuous pressure.
- Seek medical assistance without delay (the wound may require a tetanus vaccination/antitoxin and possibly stitches).
- Call the Emergency Medical Service (166) immediately or the European Emergency Number (112)

Ελληνικός Ερυθρός Σταυρός: 5 οδηγίες για την αντιμετώπιση τσιμπήματος από μωβ μέδουσα



ΜΩΒ ΜΕΔΟΥΣΑ



Όσα πρέπει να γνωρίζετε

Η μωβ μέδουσα είναι η πιο δηλητηριώδης της Μεσογείου. Τόσο τα πλοκάμια όσο και η καμπάνα της, καλύπτονται από κύτταρα (κεντριά) που τσιμπούν. Το τσίμπημα της, αν και είναι δυνατό και επώδυνο, σπάνια προκαλεί σοβαρή αλλεργική αντίδραση.

ΤΟΠΙΚΑ ΣΥΜΠΤΩΜΑΤΑ	ΓΕΝΙΚΕΣ ΑΝΤΙΔΡΑΣΕΙΣ	ΤΙ ΚΑΝΩ	ΠΡΩΤΕΣ ΒΟΗΘΕΙΕΣ
 Έντονος καυστικός πόνος σαν κάψιμο  Ερυθρότητα (κοκκίνισμα) του δέρματος και πρήξιμο  Αποτύπωμα της μέδουσας στο δέρμα - «γραμμές» στο δέρμα  Έντονος Κνησμός (φαγούρα)	 Ζάλη  Ναυτία  Εμετός  Διάρροια	ΤΙ ΚΑΝΩ 1 Ξεπλένω το σημείο του τσιμπήματος με θαλασσινό νερό  2 Αφαιρώ τα πλοκάμια με ένα τσιμπιδάκι ή μια λαβίδα και στη συνέχεια απομακρύνω τυχόν υπολείμματα της μέδουσας, με μια πλαστική κάρτα (π.χ τραπεζική ή κάρτα εισιτηρίων)  3 Τοποθετώ στο σημείο του τσιμπήματος πάγο τυλιγμένο σε πετσέτα ή ύφασμα, ή στιγμιαία παγοκομπρέσα, για 5 με 15 λεπτά  4 Εφαρμόζω τοπικά στην περιοχή κορτιζονούχο αλοιφή  5 Για τον πόνο, λαμβάνω παυσίπονο 	ΤΙ ΔΕΝ ΚΑΝΩ  Δεν αγγίζω την περιοχή του τσιμπήματος με γυμνά χέρια  Δεν ξύνω ή τρίβω το δέρμα με άμμο  Δεν ξεπλένω με γλυκό νερό  Δεν χρησιμοποιώ ξύδι, οινόπνευμα, αμμωνία

The Hellenic Red Cross (HRC), in response to the increased presence of the purple jellyfish (*Pelagia noctiluca*) in Greek seas during the summer season, is informing the public about the symptoms that may be caused by its sting and providing 5 useful First Aid guidelines for its immediate and safe management. The purple jellyfish is considered the most venomous jellyfish species in the Mediterranean.

Its tentacles and bell are covered with specialized cells (nematocysts), which release toxic substances upon contact with the skin. Although its sting is particularly painful, severe allergic reactions are rare. Detailed First Aid instructions from the HRC Health Sector:

- Rinse the affected area with plenty of seawater without rubbing it.

- Remove the tentacles using tweezers or forceps, and then remove any remaining fragments with a plastic card (e.g., a bank card or ticket card).
- Apply ice wrapped in a towel or cloth to the affected area for 5 to 15 minutes.
- Apply a corticosteroid cream locally to the affected area.
- To relieve pain, an appropriate painkiller may be taken.



The President of the Hellenic Red Cross Participated in the Sessions of the “Solferino 2026” Event

The President of the Hellenic Red Cross (HRC), Dr. Antonios Avgerinos, accompanied by the Director of International Relations and Partnerships, Ms. Thaleia Fonazaki, participated in the proceedings of “Solferino 2026”, a significant international gathering hosted by the Italian Red Cross on 26 and 27 June in Solferino, Italy, in the presence of the President of the International Federation of Red Cross and Red Crescent Societies (IFRC) &

Red Crescent, Kate Forbes, and the Presidents and Representatives of the 191 National Red Cross and Red Crescent Societies. It is a place of profound symbolism for the International Red Cross and Red Crescent Movement, where it all essentially began — the place where the great activist, visionary, and humanitarian Henry Dunant, in 1859, was inspired to establish the Red Cross Movement.

The event focused on the Fundamental Principles of the Movement, within an international context marked by complex and interconnected crises, as well as the growing humanitarian needs they have created.

The President of the Hellenic Red Cross participated in all the roundtable sessions of the “Solferino 2026” event, as well as in the thematic workshops of the conference, which addressed critical issues such as the protection of humanitarian.



The topics addressed included the protection of humanitarian action through the Fundamental Principles, the decisive role of volunteers in the field, emergency response, migration, innovation, and humanitarian diplomacy.

The delegation of the Hellenic Red Cross also participated in the Fiaccolata, the traditional torchlight procession that retraces the route followed by Henry Dunant in 1859.





Hellenic Red Cross and Kaizen Gaming Join Forces for the Environment and Volunteering

The Hellenic Red Cross (HRC), in collaboration with Kaizen Gaming, successfully carried out a volunteer environmental action at Limani Passa Beach in Lavrio, with the participation of the company's employees, their families, as well as Hellenic Red Cross volunteers and staff. The contribution of Kaizen Gaming employees and their families was particularly impressive, as more than 106 kilograms of waste were collected during the initiative.

The initiative was accompanied by a wide range of parallel activities, including First Aid training, an impressive water rescue demonstration featuring Hera, the rescue dog, environmental awareness activities, and creative engagement activities for both children and adults. These actions promoted the values of prevention, protection of the natural environment, social contribution, and volunteering. The active participation of Kaizen Gaming employees and

The active participation of Kaizen Gaming employees and their families highlighted the power of collective effort and confirmed that corporate social responsibility acquires true value when combined with personal engagement and a genuine commitment to contributing to society and protecting the environment. The Hellenic Red Cross expresses its warmest thanks to Kaizen Gaming for the excellent cooperation and its meaningful contribution to the implementation of an initiative with a significant social and environmental impact.



The Hellenic Red Cross and Diamantis Masoutis S.A. Supported 312 Children During the Easter Holidays

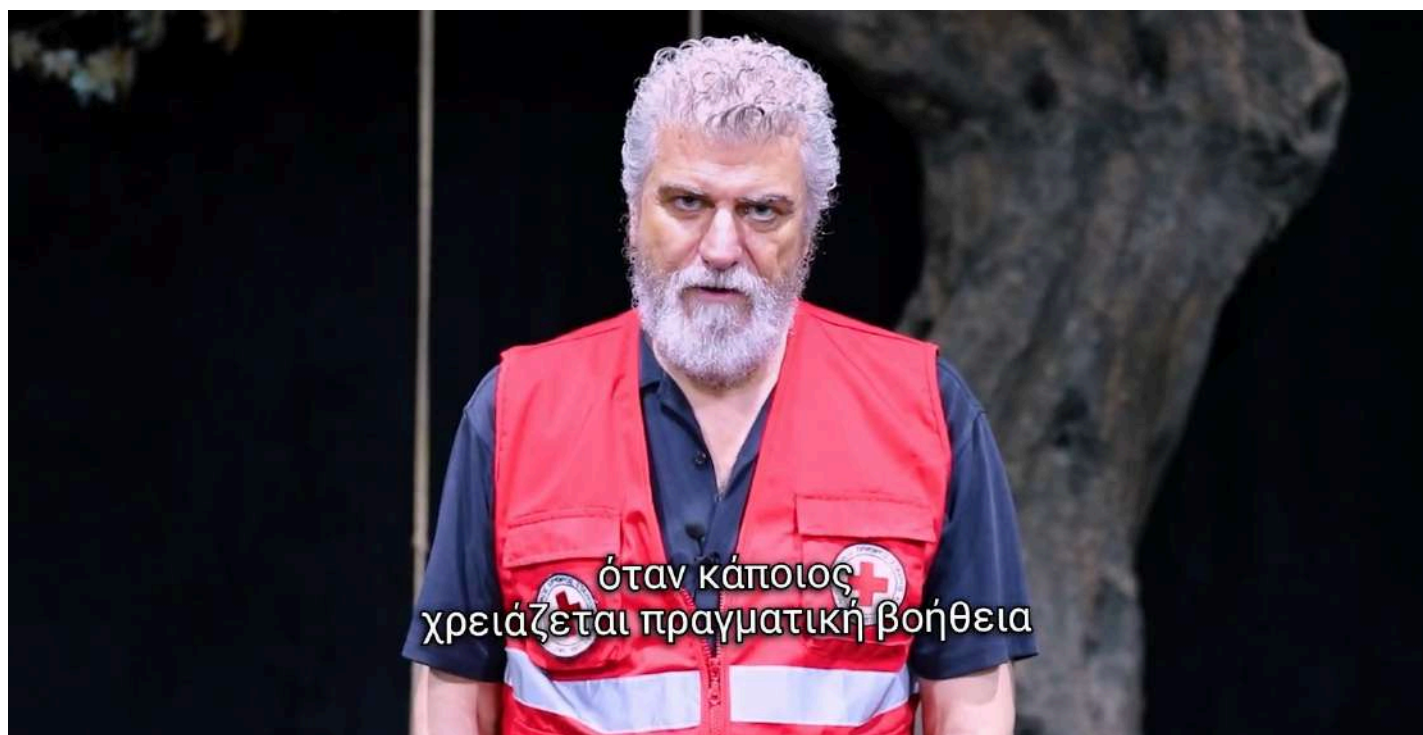


The Easter initiative “A Godparent for Every Child”, implemented by the Hellenic Red Cross in collaboration with Diamantis Masoutis S.A., was successfully completed, providing meaningful support to 312 children from vulnerable families in the areas of Arta, Ioannina, and Xanthi.

The aim of the initiative was to support children from families facing social and economic challenges, while also highlighting the long-standing commitment of Diamantis Masoutis S.A. to supporting local communities through meaningful actions and a strong sense of social responsibility.

As part of the initiative, the children received gift vouchers and Easter items, while they had the opportunity to visit Masoutis stores and choose their own gifts in a safe and festive environment. The opportunity for personal choice was a key element of the experience, strengthening the children’s self-esteem and sense of participation, while also providing moments of joy, normality, and inclusion.

The Hellenic Red Cross and Vladimiros Kyriakidis Join Forces to Strengthen Volunteering



The beloved actor and director Vladimiros Kyriakidis actively supports the daily humanitarian initiatives carried out by the Hellenic Red Cross (HRC) for the benefit of vulnerable members of our society, sending a strong message to all citizens to become part of the country's largest volunteer family.

Specifically, Vladimiros Kyriakidis starred voluntarily in a Hellenic Red Cross (HRC) television spot and public service announcement, aimed at attracting new volunteers who will contribute to the significant efforts undertaken daily by the Organization to fully respond to the continuously growing needs of Greek society.

Bronchial Asthma

Article by Dr. Stamatoula Tsikrika, President of the Hellenic Respiratory Society and Chair of the Health Promotion and Smoking Cessation Group of the European Respiratory Society secretary and Treasurer of UEMS Pneumology Section



World Asthma Day 2026 represents an important opportunity to highlight one of the most common respiratory diseases worldwide. Asthma is not merely an airway disease, but a multifactorial, heterogeneous syndrome with significant social, economic, and healthcare implications.

The word “asthma” originates from the Greek verb “asthmaino” (ασθμαίνω), meaning “to breathe with difficulty” or “to pant,” a term first used by Homer in the Iliad to describe shortness of breath and labored breathing.

According to the World Health Organization, more than 300 million people worldwide live with asthma, while the disease is responsible for hundreds of thousands of deaths each year, mainly in low- and middle-income countries.

Of particular interest is also the reference to famous

The reference to well-known personalities who have lived or are living with asthma also contributes to reducing the stigma associated with the disease. Elite athletes, as well as artists and politicians, have achieved remarkable success despite having asthma, demonstrating that with proper management, the condition is not an obstacle to a full and successful life.

The epidemiology of asthma presents significant geographical and age-related variations. Globally, the prevalence among adults is estimated at approximately 4.5%, with considerable differences between countries. In Greece, recent studies indicate that asthma affects a significant proportion of the population, with varying geographical distribution depending on climatic conditions, environmental irritants, and allergens. More specifically, it is estimated that more than 800,000 adults suffer from the disease. It should be noted that underdiagnosis and undertreatment are observed, particularly among vulnerable groups, increasing morbidity and leading to more frequent visits and hospital admissions.

The most common triggering factors include exposure to allergens, respiratory infections, occupational chemicals and compounds, physical exercise, and smoking. The importance of early diagnosis, appropriate treatment, and equal access to medication is recognized as a key pillar of modern management strategies. Bronchial asthma entails a significant cost for the comprehensive care of patients and, for this reason, it is estimated that in developed countries it accounts for 1–2% of total healthcare expenditure.

The clinical presentation of asthma is characterized by variable and reversible symptoms, the most common of which include shortness of breath, wheezing, coughing, chest tightness, and breathlessness following exercise, among others. Symptoms may fluctuate throughout the day or across seasons and often worsen during the night or early in the morning.

In some patients, symptoms and airflow limitation may resolve spontaneously or in response to treatment, and may often be absent for weeks or months. Diagnosis, among other factors, is based on the patient's medical history and the documentation of reversible airway obstruction through spirometry testing. The control of asthma symptoms is primarily achieved through personalized pharmacological treatment. However, avoiding or reducing exposure to harmful factors contributes both to the prevention of asthma development and to the reduction of symptom severity and prevention of disease exacerbations. The therapeutic approach to asthma has evolved significantly over recent decades. The goal of bronchial asthma treatment is to achieve and maintain long-term disease control. Adequate and appropriate therapy can reduce airway inflammation over time, leading to better symptom control and the prevention of disease progression to severe and irreversible airway obstruction. The therapeutic approach to asthma has evolved significantly over recent decades. The treatment of bronchial asthma aims to

to achieve and maintain disease control over the long term. Adequate and appropriate treatment can reduce airway inflammation in the long term, resulting in improved symptom control and prevention of disease progression to severe and irreversible airway obstruction. The patient themselves also plays a particularly important role in disease management. The respiratory medicine community recognizes that patient-centered therapeutic approaches help create a shared treatment plan, tailored to individual needs and fully aligned with the patient's daily life. Inhaled corticosteroids constitute the cornerstone of asthma treatment, as they target the chronic inflammation of the airways. β_2 -agonists are used as reliever medications, while combinations of inhaled corticosteroids and long-acting bronchodilators represent the foundation of daily maintenance therapy. However, despite the effectiveness of these treatments, a proportion of patients develop severe asthma, defined as the form of the disease that remains uncontrolled despite the use of high-dose inhaled corticosteroids combined with another controller medication. Inhaled corticosteroids remain the basis of treatment, as

They target chronic airway inflammation. β_2 -agonists are used as reliever medications, while combinations of inhaled corticosteroids and long-acting bronchodilators constitute the cornerstone of daily maintenance therapy. However, despite the effectiveness of these treatments, a proportion of patients develop severe asthma, namely the form of the disease that remains uncontrolled despite the use of high-dose inhaled corticosteroids combined with another pharmacological agent. In this context, the identification of patient phenotypes based on specific criteria in order to select the most appropriate and personalized biological therapy has revolutionized the treatment of asthma patients. These biological agents target specific inflammatory pathways and are administered subcutaneously at defined intervals. The incorporation of these innovative therapies into international asthma management guidelines highlights the shift towards precision medicine. In conclusion, bronchial asthma remains a significant global public health challenge. World Asthma Day 2026 highlights the need for equitable access to treatment, patient education, and the strengthening of healthcare systems.



The Hellenic Red Cross (HRC), with the support of experienced psychologists and social workers, implements a modern and experiential Mental Health First Aid training program for children.

**Six-hour (6) training course,
with a Certificate of Attendance**

The program includes:

- ✓ Understanding key mental health issues affecting children and adolescents
- ✓ Familiarization with the ways emotional difficulties manifest at each developmental stage
- ✓ Early recognition of warning signs
- ✓ Development of skills for approaching children with safety and empathy
- ✓ Providing appropriate initial support to children, parents, and others
- ✓ Guidance and referral to appropriate services, where required

Who is it addressed to?

Teachers, parents and caregivers, professionals working with children, as well as any citizen wishing to acquire knowledge and practical skills for understanding and supporting children.



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