

Your Guide to Blood Donation

A Simple and Life-Saving Act



fernandez

Built for Birthing

Thank you for considering donating blood! It's one of the simplest yet most powerful ways to help others. In just a few minutes, you can make a life-changing difference for someone in need. Here's everything you need to know to have a smooth and safe donation experience.

Is Blood Donation Safe?

Absolutely! Blood donation is a quick and safe process, usually taking around 10 to 15 minutes. If you are a healthy adult between 18 and 60 years old, you are welcome to donate. Rest assured, strict hygiene and safety protocols are followed at all donation centres to ensure your well-being.

The Blood Donation Process

Before you donate

- **Registration:** Complete a short form and answer a few health-related questions.
- **Health Screening:** Undergo a quick check-up to ensure you are fit to donate.
- **The Donation:** Approximately 350 ml of blood is drawn using safe, sterile techniques.

After donation

- **Recovery:** Enjoy a light snack and drink to help your body recover.
- **Self-Care:**
 - **Hydration:** Drink plenty of fluids.
 - **Rest:** Avoid heavy physical activity for a few hours.
 - **Precautions:** Refrain from alcohol and smoking immediately after donating.

Understanding Blood Types

Blood is grouped into four main types: A, B, O, and AB. Each type is further classified as positive or negative, based on the Rh factor. People with O-negative blood are universal donors, meaning their blood can be given to anyone, while AB-positive individuals are universal recipients.

Benefits of Blood Donation

Donating blood not only saves lives – it also offers several health benefits:

- Enhances blood circulation
- Reduces the risk of blood vessel blockages

- Helps balance iron levels
- Lowers stress levels
- Provides an opportunity for early health screening

When Can You Donate?

You can donate blood if you

- Are between 18 and 60 years old
- Weigh at least 45 kg
- Have a haemoglobin level of at least 12.5 g/dL
- Have not donated blood in the past three months
- Are in good health and free from recent infections

When Should You Avoid Donating?

You should wait before donating if you

- Have had a cold, fever, or infection in the last week
- Are on antibiotics or certain medications
- Have had major surgery in the last six months

- Are menstruating
- Are pregnant, recently given birth, or breastfeeding
- Have had a miscarriage in the last six months
- Have a history of heart disease, high blood pressure, diabetes (on insulin), cancer, kidney or liver disease, or bleeding disorders
- Have received a vaccination in the last 24 hours
- Have engaged in high-risk behaviours such as sharing needles or having multiple sexual partners
- Have tested positive for HIV

Taking Care of Yourself After Donating

After donating, be kind to yourself! Drink plenty of fluids to stay hydrated and avoid alcohol for the next 24 hours. Refrain from smoking for at least two hours and avoid heavy physical activity for a few hours. You can remove the bandage after 5-6 hours, and if you feel well, you can go about your normal routine.

Still Have Questions?

We are here to support you! If you have any concerns or need more information, reach out to your local blood donation centre. Your health and safety are our top priorities.

Thank You!

Every drop counts, and your generosity could save up to four lives. Your decision to donate is truly a gift of life. Thank you for being a hero!

For more information 



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