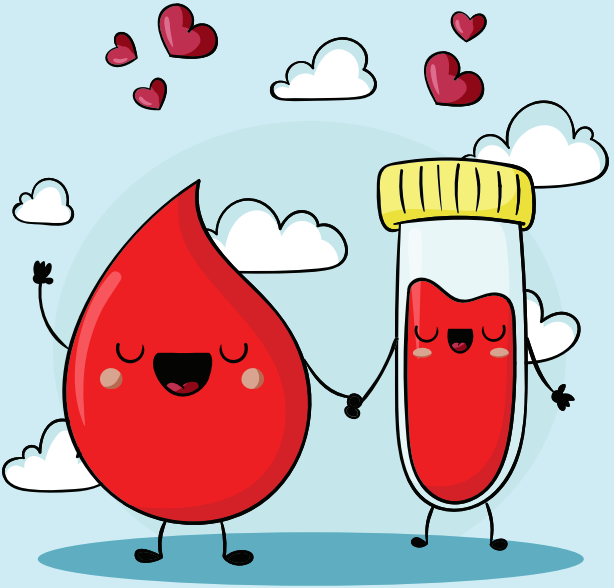


# BLOOD DONATION



**Donating blood is a priceless act of kindness, offering the gift of life to those in need. Choosing to donate blood has the potential to save not just one life, but possibly multiple lives.**

## **Who can give blood, & how often?**

Any person within the age group of 18 - 60 years with a minimum body weight of 45 kgs, and having a minimum haemoglobin content of 12 gm% is eligible to donate blood. A three-month gap between two blood donations is a safe interval.

## **What to expect during blood donation?**

Donating blood is a simple process. You'll be made to feel as comfortable as possible on a bed during the procedure. Adults have about 10 pints of blood, but only 1 pint is taken during donation. The whole process takes about an hour, including registration, a quick health check, and the donation itself. Trained staff will ensure you're safe and comfortable. Following your donation, you can rest.

## **How long does it take to donate blood?**

The procedure is done by skilled, specially trained technicians and takes three to eight minutes. However, from start to finish (filling form, post-donation rest, etc.) the entire process should take around 30 minutes.

## **Is it safe to donate blood?**

Yes. Remember that you can only donate blood if you are healthy. The blood service is highly concerned about your health and well-being.

**HEALTH BENEFITS OF DONATING BLOOD:** Donating blood has no adverse effects on your health; instead, it offers numerous benefits:

### **REDUCES THE RISK OF HEART DISEASES**

Blood donation helps lower the chances of heart and liver diseases caused by excess iron in the body. By maintaining iron levels, it reduces the risk of various health conditions.

### **PROMOTES THE PRODUCTION OF NEW RED BLOOD CELLS**

Donating blood stimulates the body to produce new blood cells, aiding in overall health maintenance.

## **BURNS CALORIES**

Regular blood donation can contribute to weight management, as donating one pint of blood (450 ml) burns approximately 650 calories.

## **DETECTS POTENTIAL HEALTH ISSUES**

Blood donation provides an opportunity to uncover underlying health problems. Donated blood is screened for major diseases such as Hepatitis B, Hepatitis C, HIV, Syphilis, and Malaria.

## **PROVIDES A SENSE OF SIGNIFICANCE**

Donating blood means that someone, maybe even several people, will get the help they really need. There are people out there waiting for your generous gift of life. It feels good to give, especially knowing that just one hour of your time and one blood donation can make a big difference.

## **Does a donor need to do anything special before donating blood?**

Nothing special. The donor should eat at regular meal times and drink plenty of fluids.

## **Does the person suffer from any harmful effects after donating blood?**

No. Rather, a donor, after having given blood voluntarily, gets a feeling of pleasure and peace. Within 24–48 hours, the volume of blood donated is again formed in the body.

## **Who can't donate?**

A person cannot donate if he/she has a cold, flu, sore throat, cold sore, or any other infection.

If he/she has recently had a tattoo or body piercing, then they cannot donate for 6 months from the date of the procedure.

Have ever had a positive test for HIV (AIDS virus)

Are a hemophiliac

Had viral hepatitis B or hepatitis C

Had certain forms of cancer

Had or are being treated for syphilis.

Have ever injected, or are been injected with non-prescribed drugs.