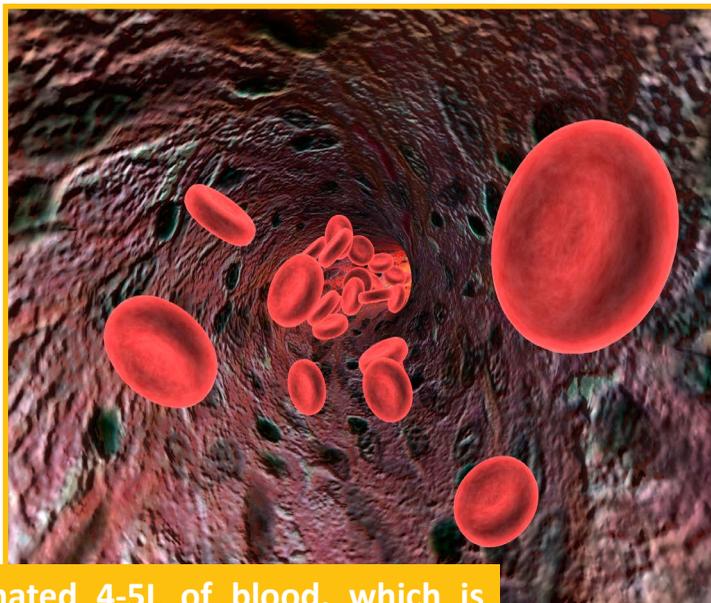


Donate blood



The human body contains an estimated 4-5L of blood, which is essential for pumping nutrients around the body. However, every day there are thousands of people who are in need of blood transfusions because of trauma or other medical conditions. Choosing to donate blood regularly can be the key to saving a person's life.

Every year on the 14th of June we celebrate and support World Blood Donor Day to encourage people around the world to donate blood. By donating just 480ml (1 pint) of blood you have the potential to save up to three lives.

Who can donate blood?

You can donate blood if you:

- Are between the ages of 16 and 65 years.
- Weigh more than 50kg.
- Lead a sexually safe lifestyle.
- Are in good health and not suffering from any infection or illness.
- Have not donated blood within the last 56 days.

The blood donation process

The entire blood donation process takes less than 30 minutes. The process begins with a set of forms that must be filled out with all your personal details. This is usually followed by a questionnaire about your general health and lifestyle. After filling out the forms, a nurse will conduct a one-on-one interview to get more details about your health.

The nurse will also check your blood pressure, haemoglobin levels, and heart rate to ensure that they all are normal before the donation process begins.

After donating, eat well and increase your fluid intake for the next 4-6 hours. Do not smoke for at least 30 minutes. Also avoid strenuous physical exertion and lifting heavy objects with the arm used for making the donation for at least two hours afterwards.

Tips for incident-free blood donation

- Eat a balanced meal at least 4 hours before you donate blood.
- Get plenty of sleep the night before.
- Drink enough water and fluids before and after donating.
- If you feel unwell after making a donation or think you may be coming down with an infection, please contact your nearest donor clinic.

Giving the gift of blood means giving the gift of life. Become a blood donor today.