



There's nothing
like **saving lives**
to brighten
your day

Did you know that blood donation not only saves lives but can also provide several health benefits to the donor too including improving blood flow, balancing iron levels in the blood, burns calories, reduces the risk of cancer and improves cardiovascular health?

All blood donors also receive a mini-physical examination prior to donating which includes checking your haemoglobin level, blood glucose levels, weight and blood pressure. Your blood will also be tested for infectious diseases such as HIV, hepatitis, and syphilis.

Who needs blood donations?

Blood transfusions are needed for women with complications of pregnancy, such as ectopic pregnancies and haemorrhage before, during or after childbirth, children with severe anaemia often resulting from malaria or malnutrition, people with severe trauma; cancer patients and complex medical and surgical procedures. It is also needed for regular transfusions for people with conditions such as thalassaemia and sickle cell disease and is used to make products such as clotting factors for people with haemophilia.

Who can donate blood?

Most people are able to give blood if they: are fit, healthy and not suffering from a cold, flu or other illness at the time of donation or in the previous 7 days, are aged between 16-60 years, weigh at least 50kgs, drink at least 3 glasses of water/juice in the 3 hours before donating blood and eat something in the 3 hours before donating blood.

Want to become a regular blood donor? Just 1 blood donation can save up to 3 lives. Contact your nearest hospital or blood bank today.