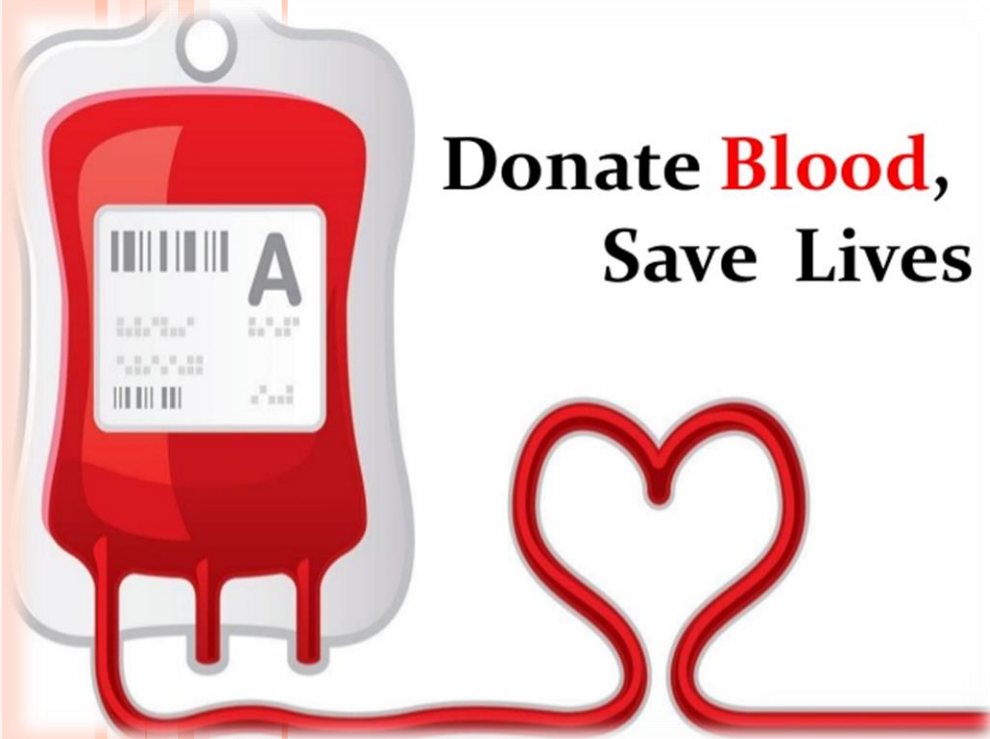


BLOOD DONATION & ITS IMPORTANCE



Donate **Blood**,
Save Lives

By
Janglin solaman c

INTRODUCTION

- ❖ Why you should donate blood?
- ❖ Health benefits of blood donation
- ❖ Blood donation eligibility
- ❖ How much blood can be taken?
- ❖ Instruction to blood donors
- ❖ Blood type & matches
- ❖ Conclusion



Why You Should Donate **Blood**?

- ❖ There is no substitute for **Blood**.
- ❖ Every 3 seconds someone needs a **blood** transfusion!
- ❖ Your donation will help save the life of up to 3 people!
- ❖ **Blood** is the most precious gift that anyone can give to another person — The Gift of Life.



Health Benefits of **Blood** Donation

- ❖ The Joy of Saving Human Lives!
- ❖ Reduce the risk of Heart Diseases!
- ❖ Reduces the risk of Cancer!
- ❖ Free Health Check Up!



Blood Donation Eligibility

- ❖ Be in good general health and feeling well.
- ❖ Be at least 17-years-old.
- ❖ Weigh at least 50kg.
- ❖ Not have donated blood in the last 56 days



wholeblood

Every 56 days

platelets

Every 7 days, upto 24 times a year

plasma

Every 28 days , upto 13 times a year

Double red cells

Every 112 days, upto 3 times a year




HOW MUCH **BLOOD** CAN BE TAKEN?

- Our body has 5.5 litre of blood of which only 350 ml - 450 ml of blood is taken
- The withdrawn blood volume is restored within 24 hours & haemoglobin and cell components are restored in 2 months
- it is safe to donate blood every three months.



INSTRUCTIONS TO BLOOD DONORS BEFORE BLOOD DONATION

- Take light refreshment / food before blood donation. (2 hours before)
 - Person who has consumed alcohol should avoid giving blood for next 24 hours.
 - Person who had recent attack of infection like Jaundice, Typhoid, Malaria, Rubella, etc., should not give blood.
 - Person who had undergone major surgery should avoid blood donation for 6 months.
- 

Blood type & Matches

Blood Type	Donate Blood To	Receive Blood From
A+	A+ AB+	A+ A- O+ O-
O+	O+ A+ B+ AB+	O+ O-
B+	B+ AB+	B+ B- O+ O-
AB+	AB+	Everyone
A-	A+ A- AB+ AB-	A- O-
O-	Everyone	O-
B-	B+ B- AB+ AB-	B- O-
AB-	AB+ AB-	AB- A- B- O-

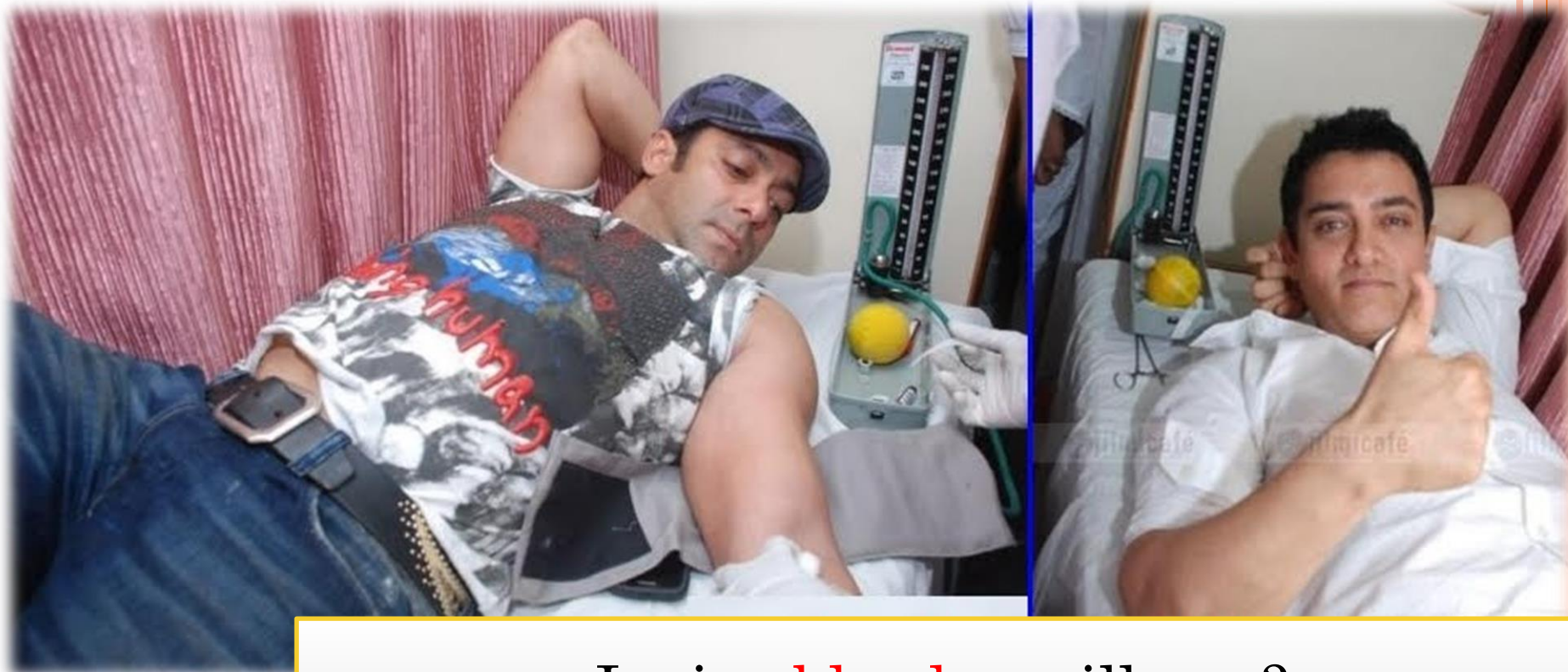


CONCLUSION

One thing is clear-donating blood has many benefits to the donor as well as the recipient. So, if you want to pick up a healthy habit, head over to your local blood center and give the gift of life.



THANK YOU...



I give **blood**... will you?