An ornate, multi-layered gold frame with intricate floral and scrollwork patterns surrounds the text. The innermost frame is a simple gold border, followed by a wider, more detailed band, and an outermost decorative border with a repeating floral motif.

**BLOOD** DONATION  
&  
ITS IMPORTANCE

The blood you donate gives someone  
another chance at life.

**GIVE THE GIFT OF LIFE**  
**DONATE BLOOD**

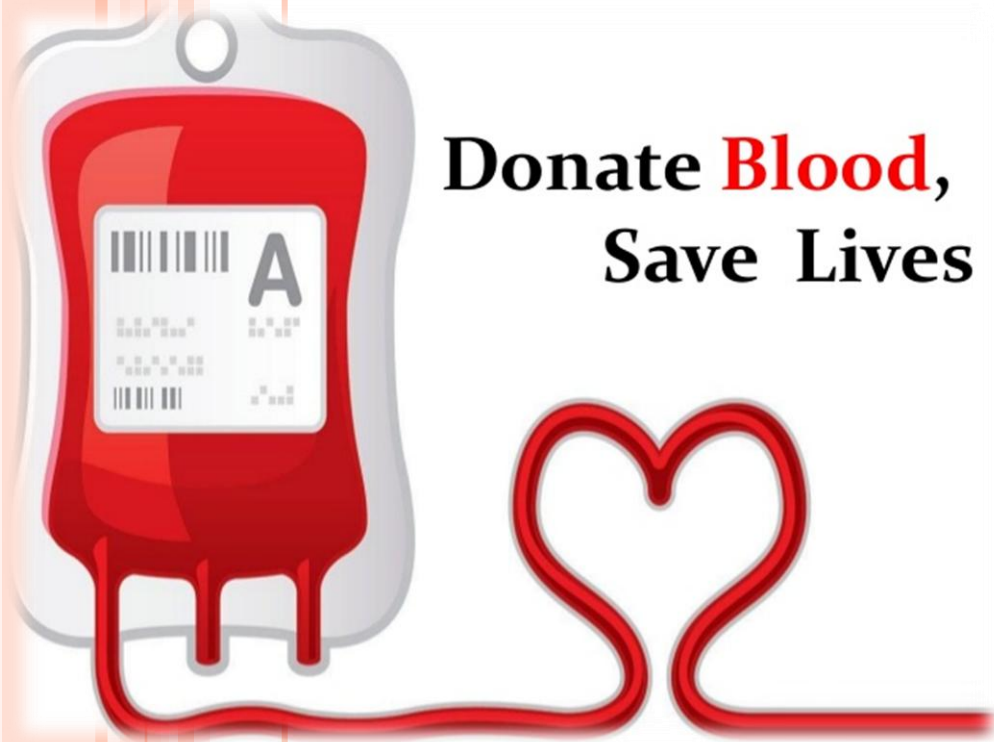




**HELP SAVE A LIFE +**  
**GIVE THE GIFT OF BLOOD**



# 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- The withdrawn blood volume is restored within 24 hours & haemoglobin and cell components are restored in 2 months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.



*With just a drop of blood,*



**You can make  
a difference.**

**GIVE  
BLOOD  
SAVE  
LIVES**



**When You Arrive  
at the Blood  
Donation Centre**

# When You Arrive at the Blood Donation Centre

- When you sign in, you will be asked to complete a donor registration form, which includes your name, address, phone number, and various other types of demographic information.
- You will also be asked to show your donor card or the type of identification required by the particular blood bank you visit.



# Blood Donation Process

Donating blood is a safe, simple, and rewarding experience that usually only takes 45-60 minutes.



# Before You Donate

To donate blood, find a blood bank near you using AABB's blood bank locator. Then, call the blood bank to make an appointment. When making the appointment, ask the following questions:

- What are your general donor requirements? (Most places require you to weigh a minimum of 110 pounds, be at least 16 years old and be generally healthy).
- What kind of identification is required? (First-time donors are usually asked to present two forms of identification—the type of identification needed varies by facility)
- If you have any particular health concerns or have traveled outside of the country, it's also a good idea to inform the blood bank at the time you are making your appointment.

# Pre-Donation Screening

- During pre-donation screening, a blood bank employee will ask you some questions about your health, lifestyle, and disease risk factors. All of this information is confidential.
- Next, an employee will perform a short health exam, taking your pulse, temperature and blood pressure.
- A drop of blood from your finger will also be tested to ensure that your blood iron level is sufficient for you to donate. All medical equipment used for this test, as well as during the donation process, is sterile, used only once and then disposed.

# Blood Donation

Once the pre-donation screening is finished, you will proceed to a donor bed where your arm will be cleaned with an antiseptic, and a professional will use a blood donation kit to draw blood from a vein in your arm. If you are allergic to iodine, be sure to tell the phlebotomist at this point.

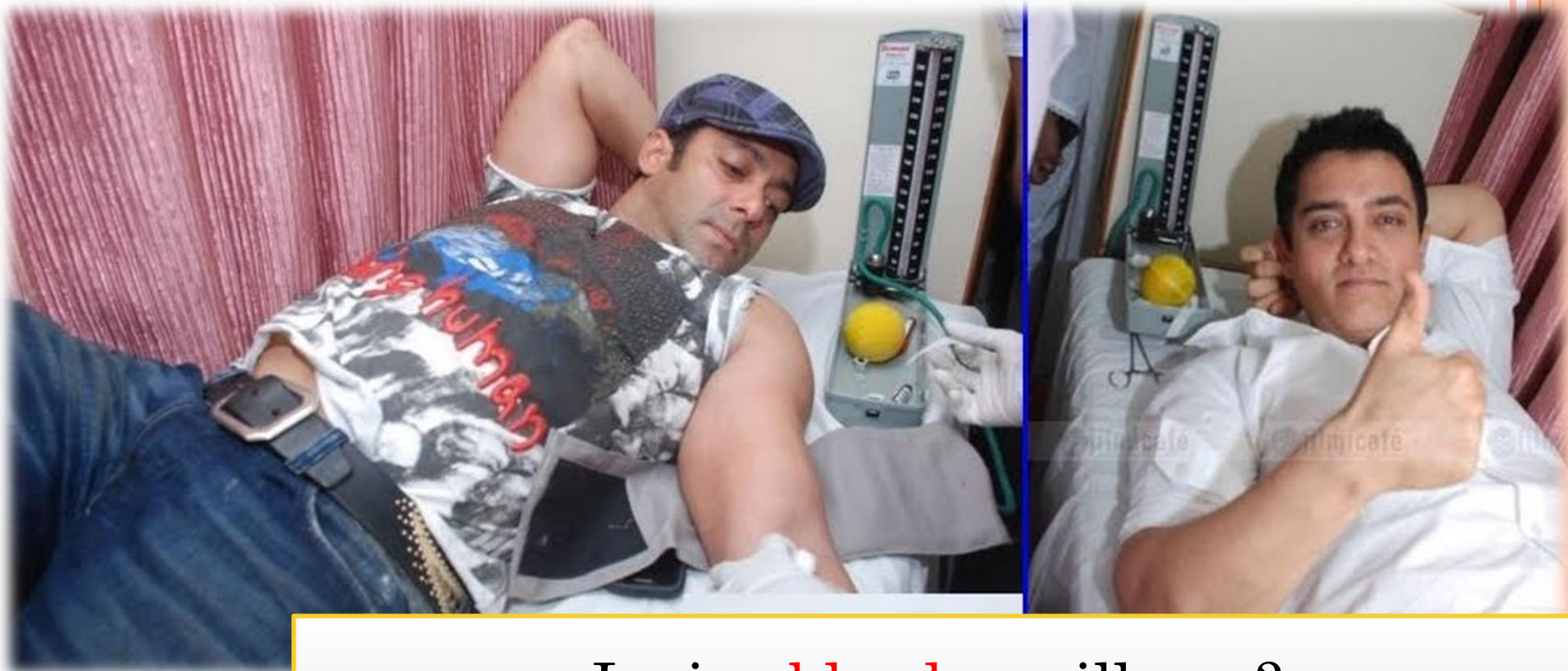
During the donation process, you will donate one unit of blood; this takes about six to ten minutes.

# Post-Donation

- Following your donation, you will receive refreshments in the canteen area, where you can stay until you feel strong enough to leave.
- After donating, it is recommended that you increase your fluid intake for the next 24 to 48 hours; avoid strenuous physical exertion, heavy lifting or pulling with the donation arm for about five hours; and eat well balanced meals for the next 24 hours. After donating, smoking and alcohol consumption is not recommended.

- Although donors seldom experience discomfort after donating, if you feel light-headed, lie down until the feeling passes. If some bleeding occurs after removal of the bandage, apply pressure to the site and raise your arm for three to five minutes. If bruising or bleeding appears under the skin, apply a cold pack periodically to the bruised area during the first 24 hours, then warm, moist heat intermittently.
- If you have any questions concerning your donation or experience any unexpected problems, please call the center where you donated blood.

# THANK YOU...



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