

GIVE BLOOD, GIVE HOPE.

TOGETHER WE SAVE LIVES

JUNE 14
2025

DONATE BLOOD,
BE A LIFELINE!



**WORLD BLOOD
DONATION DAY**



World Blood Donor Day is observed annually on June 14, and commemorates the birth of Dr. Karl Landsteiner, whose research identified the main blood groups: type A, type B, type AB and type O, as well as the Rh-factor in blood.

BLOOD DONOR BASICS

Get eight hours of sleep and eat a hearty (eggs, meat, leafy greens, fruit) evening and morning meal. To help stabilize your blood pressure, drink lots of water (and minimize caffeine). Your body will lose about two cups of fluid during donation, so being fully hydrated is important.

1. Registration

You'll be asked to show a photo ID and provide some basic information for our records.

2. Screening

There are two steps to pre-donation screening: the mini-physical (blood pressure, temperature, heart rate, and hemoglobin check) and the Donor History Questionnaire (DHQ). The DHQ has questions about your health history, travel, and other factors associated with an increased risk for infections that could be transmitted via blood transfusion.

3. Giving Blood

After completing pre-donation screening, a phlebotomist will lead you to a reclining donor chair. Next, the phlebotomist will cleanse the area on your forearm where the needle will be inserted. A sterile, one-time use kit is used for each donation. This includes the collection bag, testing tubes, needle and all tubing. The donation process for whole blood donation will last about 8-10 minutes. Your phlebotomist will observe your donation from beginning to end and answer any questions you may have.

BLOOD DONOR BASICS

4. Post-Donation Fluids and Snacks

Following your donation, you will sit up to drink fluids and eat a light snack. Your body will begin replacing the cells and fluids you donated right away, so it's important to eat and drink right after your donation. Be sure to rest well and drink plenty of fluids before and after giving blood.

KEY FACTS

Of the 118.5 million blood donations collected globally, 40% of these are collected in high-income countries, home to 16% of the world's population. In low-income countries, up to 54 % of blood transfusions are given to children under 5 years of age; whereas in high-income countries, the most frequently transfused patient group is over 60 years of age, accounting for up to 76% of all transfusions.

Based on samples of 1000 people, the blood donation rate is 31.5 donations in high-income countries, 16.4 donations in upper-middle-income countries, 6.6 donations in lower-middle-income countries and 5.0 donations in low-income countries.

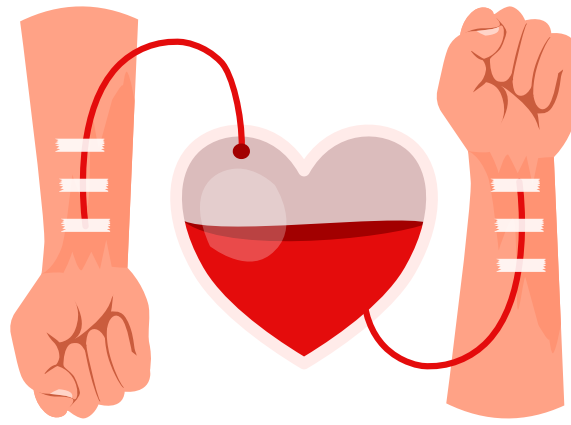
An increase of 10.7 million blood donations from voluntary unpaid donors has been reported from 2008 to 2018. In total, 79 countries collect over 90% of their blood supply from voluntary unpaid blood donors; however, 54 countries collect more than 50% of their blood supply from family/replacement or paid donors.

HOW MUCH BLOOD WILL BE TAKEN?

In most countries, the volume of blood taken is 450 millilitres, less than 10 per cent of your total blood volume (the average adult has 4.5 to 5 litres of blood).. Your body will replace the lost fluid within about 36 hours.

WHO CAN GIVE BLOOD, AND HOW OFTEN?

- The criteria for donor selection varies from country to country, but blood can be donated by most people who are healthy and do not have an infection that can be transmitted through their blood.
- The age at which people are eligible to give blood varies but is commonly between the ages of 17 and 65.
- Healthy adults can give blood regularly – at least twice a year.
- You should not donate blood if:
 - You are feeling unwell
 - You are anemic
 - You are pregnant, have been pregnant within the last year or are breastfeeding
 - You have certain medical conditions, which might make you an unsuitable donor
 - You are taking certain medications, such as antibiotics.
- You should not donate blood if it might cause harm to the patient who receives it. Blood can transmit life-threatening infections to patients who receive blood transfusions. You should not donate blood if:
 - You have or may recently have contracted a sexually transmitted disease, such as HIV or syphilis, that can be passed on to a patient who receives your blood
 - Your lifestyle puts you at risk of contracting an infection that can be transmitted through your blood: for example, if you have more than one sexual partner or have sexual contact with prostitutes
 - You have ever injected recreational, non-medicinal drugs
 - You have recently had a tattoo, skin scarification or ear or body piercing



THE IMPORTANCE OF BLOOD DONATION: TYPES, BENEFITS, AND HOW YOU CAN HELP

Blood donation is a voluntary procedure that can help save the lives of others. There are several types of blood donation. Each type helps meet different medical needs.

- **Whole blood donation** - This is the most common type of blood donation, during which you donate about a pint (about half a liter) of whole blood. The blood is then separated into its components — red cells, plasma and sometimes platelets.
- **Apheresis** - During apheresis, you are hooked up to a machine that can collect and separate blood components, including red cells, plasma and platelets, and return unused components back to you.
- **Platelet donation (plateletpheresis)** - collects only platelets — the cells that help stop bleeding by clumping and forming plugs (clotting) in blood vessels. Donated platelets are commonly given to people with clotting problems or cancer and people who will have organ transplants or major surgeries.
- **Double red cell donation** - allows you to donate a concentrated amount of red blood cells. Red blood cells deliver oxygen to your organs and tissues. Donated red blood cells are typically given to people with severe blood loss, such as after an injury or accident, and people with sickle cell anemia.

- **Plasma donation (plasmapheresis)** collects the liquid portion of the blood (plasma). Plasma helps blood clot and contains antibodies that help fight off infections. Plasma is commonly given to people in emergency and trauma situations to help stop bleeding.

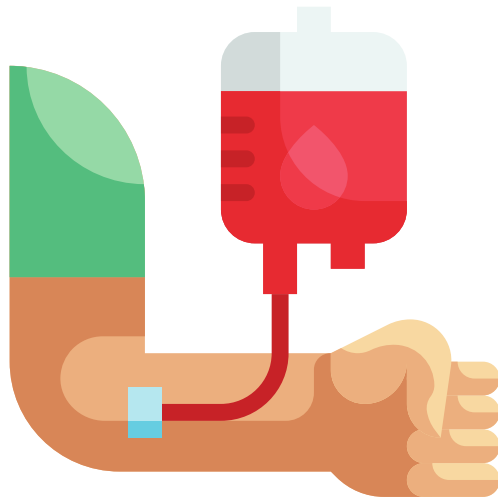
WHY IT'S DONE

You agree to have blood drawn so that it can be given to someone who needs a blood transfusion. Millions of people need blood transfusions each year. Some may need blood during surgery. Others depend on it after an accident or because they have a disease that requires blood components. Blood donation makes all of this possible. There is no substitute for human blood — all transfusions use blood from a donor.

RISKS

Blood donation is safe. New, sterile disposable equipment is used for each donor, so there's no risk of contracting a bloodborne infection by donating blood. If you're a healthy adult, you can usually donate a pint (about half a liter) of blood without endangering your health. Within a few days of a blood donation, your body replaces the lost fluids. And after two weeks, your body replaces the lost red blood cells.





Why You Should Consider Being A Blood Donor

Blood Transfusion Is Needed For:

- Women with complications of pregnancy
- Children with severe anemia often resulting from malnutrition
- People with severe trauma following disasters
- Complex medical and surgical procedures, cancer patients
- Every two seconds, someone needs blood, which means more than 38,000 blood donations are needed per day.



THE CRITERIA FOR THE DONOR ARE:

- Weight should not be less than 45 kgs.
- Age should be between 18 and 65.
- Blood pressure should be within normal limits for the age group.
- Pulse and temperature should be normal.
- Haemoglobin should be not less than 12.5 grams.
- If the donor has suffered from malaria, a period of 3 months must have passed since full recovery was completed. If the donor resides in a place where malaria is endemic, a period of 3 years must have elapsed since the recovery was complete.
- The donor should not have had any immunization/vaccination for cholera, typhoid, diphtheria, tetanus, plague, or gammaglobulin in 15 days preceding the blood donation. In the case of rabies vaccination, 1 year must have elapsed since the vaccination.
- There should not have been any acupuncture treatment in the last 1 year.
- No tattoos should have been done anywhere on the body for 1 year.



THE CRITERIA FOR THE DONOR ARE:

- Before the donation begins, a check will be done to see if there are any scars or puncture marks on the arms and forearms that may indicate drug use or frequent blood donation.
- The donor should not be having any form of cancer.
- The donor must not be suffering from tuberculosis, leprosy, hepatitis B or C, or HIV
- The donor should not be having any heart disease or ailment.
- The donor must not have asthma, epilepsy, thalassemia, sickle cell anaemia, polycythemia vera, or similar conditions.
- The donor should not suffer from any bleeding disorder or be on steroids.
- In the case of dental treatments, 3 days must have passed since a tooth extraction, root canal treatment, other surgery, gum autograft or implant, or similar treatment.



THE CRITERIA FOR THE DONOR ARE:

- A person with diabetes may be a donor if it is being controlled by diet or oral medication. No donation is accepted if the treatment is the condition by way of insulin injections.
- High-risk individuals with a history of drug addiction, sexually transmitted diseases, having multiple sex partners, or other high-risk activities will not be accepted for blood donation.
- Various medications may prevent a person from donating blood.
- For women, a period of one year must have passed since childbirth and the stopping of breastfeeding.

Donate Blood, Save Lives - Be a Lifesaver Today!

