



Donate  
**Blood**  
Save  
**Lives**

Blood donation is a noble act that can save 3 lives. Every second some one needs blood. There is no substitute for blood. Voluntary blood donation is essential for blood bank to have adequate number of safe blood units.

Some may need blood during surgery, while others depend on it after an accident or because they have a disease that requires blood components. Please come forward to donate blood& be a life saver.

## When can we donate blood?

You Can Donate Blood If You .....

1. Are in good health.
2. Are between 18 to 65 years
3. Weigh at least 50 kg
4. Haemoglobin – 12.5 g/dL
5. Blood pressure with in normal limits
6. Pass health history Assessment.
7. Men can donate blood once in three months & women can donate once in four months.
8. Eat a regular meal and drink plenty of fluids

Before blood donation, donor's haemoglobin, weight, blood pressure etc.will be checked. Donated blood is tested for HIV, Hepatitis B & C, Syphilis, Malaria. It will be a mini health check-up for you at regular intervals.

A healthy person has 5-6 litres of blood in their body. Out of this ,only 350-450 ml is donated at a time. This will not affect any of your body functions. The volume of blood donated will be recovered in 24 hours and the other components like red cells, will be recovered in your body in 3 months. Regular blood donation improves your emotional and physical health.