

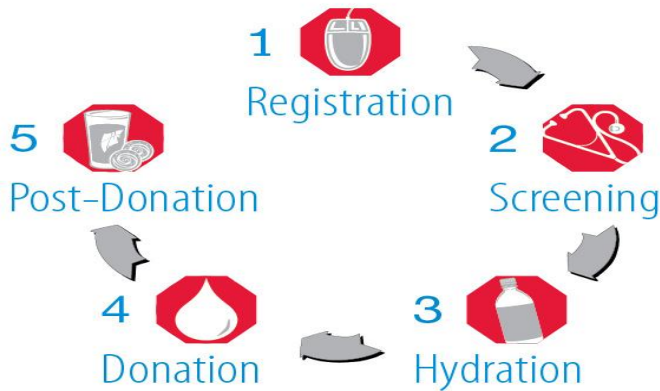


Blood donation is one of the noblest and greatest donations a man can make. No chemical, drug or fluid can replace human blood.



- Every three seconds someone needs blood.
- One unit of blood can be separated into several components.

Five Simple Steps To Donate



Benefits of donating blood

- Donor automatically warned of serious illnesses
- Reduced risk of heart disease
- Boosts the production of red blood cells.
- Burns calories
- Replenishes blood
- The joy of saving human lives

How can I be a healthy donor?

- Age must be 18 -60 years,
- Minimum weight 50kg
- Hemoglobin level should be more than 12.5 gm/dl
- Have normal temperature & blood pressure

Benefits of receiving blood

- Blood replacement for accidents, burns, hemorrhage or surgery.
- Life saving in conditions like thalassemia, severe jaundice, hepatitis
- Used for medical research.

Remember:

- Donating blood is safe.
- Giving blood will not make you weak & it won't hurt!
- Donor will not get AIDS or any other infectious disease by donating blood.
- Donor can again donate blood after 3 months of last blood donation
- Body typically replaces the fluid lost within 24 hours.

"The Blood Donor of today may be recipient of tomorrow!!!"