Who can donate blood?





Are in good health

Are between 16 to 65 years old (16 and 17 years old need parents consent)

Weigh at least 110 pounds

Have a blood pressure between: Systolic: 90-160 mmHg Diastolic: 60-100 mmHp

Pass the physical and health history assessments

You are special... Give blood.

Philippine Red Cross Tower NATIONAL BLOOD CENTER 37 EDSA cor. Boni Ave., Mandaluyong City

Landline: (+63 2) 790 2330

(+63 2) 790 2382

(+63 2) 790 2383

Hotline: (+63 915) 445 2458

Philippine Red Cross NATIONAL BLOOD CENTER (Manila)

Bonifacio Drive, Port Area, Manila

Landline: (+63 2) 527 0861

Trunkline: (+63 2) 527 0000 loc 116

Hotline: (+63 915) 365 5514

BEFORE DONATING BLOOD

- Have enough rest and sleep, at least 5 to 6 hours.
- No alcohol intake for 24 hours prior to blood donation.
- No medication for at least 24 hours prior to blood donation.
- No recent vaccination (except for Hepatitis B).
- 5. No recent travel abroad.

- Eat prior to blood donation, avoid faity foods.
- 7. Orink plenty of fluid like water or juice.
- 8. No allergy attack on the day of blood donation.
- 9. No cough and colds.
- 10. No open wounds.
- 11. No tooth extraction within the past 3 days.
- 12. No recent tattoo (at least 6 months).

STEPS IN DONATING BLOOD

- 1. Have your weight taken.
- 2. Register and complete the donor registration form.
- 3. Have your blood type and hemoglobin checked.
- 4. Have a physician examine you.
- Actual donation -- the amount of blood to be donated (either 350cc or 450cc) will depend on your weight and blood pressure.
 Blood donation will usually take 10 minutes or less.

AFTER DONATING BLOOD

- 1. A 5 to 10-minute rest is necesarry.
- Drink plenty of fluid like water or juice.
- Refrain from stooping down.
- 4. Refrain from strenuous activities like:
 - a. Lifting heavy objects
 - b. Driving big vehicles (bus, truck, etc.)
 - c. Operating big machines
- Avoid using the punctured arm in lifting heavy objects.
- Apply pressure on the punctured site and lift the arm in case the site is stil bleeding.
- If there is discolouration or swelling on the punctured site, you may apply cold compress for the first 24 hours and the hot compress for the next 24 hours.
- If there is dizziness, lie down with your feet elevated. Drink plenty of juice.
 In just few minutes or so, it should pass.

Donating blood can save lives. Check out our directory to find the nearest blood service facility in your area, http://bit.ly/BloodSF.







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Ying Liu

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Guidelines for the Selection of Blood Donors, 1994 Serological and Immunological Methods Brian P. L.

Moore, Patricia Humphreys, Canadian Red Cross Society. Blood Transfusion Service, Cecile A. Lovett-Moseley, 1969

Wanted for Life Red Cross Blood Bank, 1977 "Team Work from Publicity to Plasma," American National Red

Cross, 1941 Eligibility for Blood Donation Pan American Health Organization, 2009 This book summarizes the rationale for the parameters and conditions that should be taken into consideration in the education and selection of blood donors in order to allow blood service staff community volunteers and prospective blood donors to understand them In addition it

includes recommendations made by PAHO to the national health authorities and the national blood programs for promoting

multidisciplinary and coordinated approaches for health promotion public education universal and regional human and patient rights as applicable to blood donors and recipients quality assurance and financial efficiency in the issues pertaining to sufficiency availability access quality safety and timeliness of blood for transfusion Red Cross Seminar an Blood Handbook of the Red Cross Blood Transfusion Service Australian Red Cross Society. Western Transfusion .1965 Australian Division. Blood Transfusion Service, 1945 **A Guide to Saving Lives** SVN Prasad, 2024-04-04 This book is about awareness on blood donation why people are hesitating to come forward tondonate blood and how to overcome the fear of donating blood Wrote in consice and you will be motivated after reading this book to donate blood **Seminars of the New** South Wales Red Cross Blood Transfusion Service Australian Red Cross Society. New South Wales Division. Blood Transfusion Service.1963 Blood Transfusion Hugh Francis Brewer, 1945 **Blood Donor Counselling** World Health Organization, 2016-06-24 Individuals who donate their blood provide a unique and precious gift in an act of human solidarity In order to donate blood prospective donors should be in good health and free from any infections that can be transmitted through transfusion Most blood donors perceive themselves to be healthy but some are unsuitable to donate blood due to the potential risk of compromising or worsening their own health or the risk of transmission of infections to patients Blood transfusion services BTS have a duty of care towards blood donors as well as to the recipients of transfusion This duty of care extends to prospective donors who are deferred from donation whether on a temporary or permanent basis as well as those who donate blood and are subsequently found to have unusual or abnormal test results BTS have a responsibility to confirm test results and provide information counseling and support to enable these individuals to understand and respond to unexpected information about their health or risk status Counseling is part of the spectrum of care that a BTS should be able to provide to blood donors including referral to medical practitioners or specialist clinical services Pre donation counseling was recognized as one element of the strategy to reduce and if possible prevent the donation of blood by individuals who might be at risk for HIV and other TTI including hepatitis B and C viruses as well as to inform the donor of the donation process and testing of blood for HIV Post donation counseling was acknowledged to be a necessary element of donor management as an adjunct to informing donors of unusual or abnormal test results Blood donor counseling by trained specialist staff is now considered to be a key component of the blood system in most countries with a well developed blood transfusion service It may be required at a number of stages in the blood donation process or following blood screening and should be available at any point at which the BTS has an interface with donors In many countries however blood donor counseling is not yet available in a structured way Blood Donor Counselling Implementation Guidelines has therefore been developed to provide guidance to blood transfusion services that have not yet established donor counseling programs

 $\textbf{Cross Blood Program Memo} \ , 1950$

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