**Fact flow** A true or false game about the facts of donating blood.

**Rule Sheet**

**GAME OBJECTIVE**

The first player to reach the ‘Finish’ space wins the game. If multiple games are played within a larger group, then the group with the highest value of Blood Cell tokens in the ‘plasma bag’ area wins.

**HOW TO PLAY: SET UP**

Each player receives a small pawn to move along the game board and puts it on the ‘Start’ space (on the arm of the blood donor).

Shuffle the Blood Facts cards and place them with the text face down on the board in the designated area. Place all Blood Cell tokens with the numbers facing down on the arm of the blood donor.

The player who most recently donated blood gets to go first. If there are no donors among the players then choose at random.

**GAME COMPONENTS**

- 1 A4 game board (for 2-4 players)
- 4 game pawns (provide your own - coins, pebbles, pieces of paper, etc.
- 30 Blood Cells (tokens with value ‘1’ (12x), ‘2’ (8x), and ‘3’ (4x))
- 40 Blood Facts (cards with 20 truths and 20 falsehoods)

**HOW TO PLAY: PLAYER TURN**

The active player moves one space along the ‘plasma tube’ from the ‘donor arm’ to the ‘plasma bag’ space.

The player to his/her left draws a card and reads the Blood Fact out loud (but not the answer). If there are no more cards, reshuffle the cards on the Discard space, place them with the text down on the Blood Fact card space and draw the top card.

The active player chooses ‘True’ or ‘False.’ The player to his/her left reads the answer out loud and places the card on the Discard space. If the active player was correct he/she flips a Blood Cell of choice on the ‘donor arm’ space and slides their pawn that many spaces ahead and then places the Blood Cell token in the ‘plasma bag’ space. If the active player was incorrect he/she stays where their pawn is.

If the active player has not yet reached the ‘Finish’ space, the player to his/her right goes next.
Start
Place game pawns here at start of the game.

Blood Cell tokens
Place Blood Cell tokens here (numbers facing down) at start of the game.

Discard
Place Blood Fact cards here after being played.

Blood Fact
True or False
Place Blood Fact cards here (text facing down) at start of the game.

DONATE BLOOD

Fact flow
A true or false game about the facts of donating blood.

International Federation of Red Cross and Red Crescent Societies

2-4
15m
17+

Design by
Fact flow  A true or false game about the facts of donating blood.

Blood Cell tokens

Instructions
Print each page, except the game board, double-sided (if possible). Then, cut out the tokens and cards along the lighter/grey dotted line. If printing the game double-sided is not possible, no problem - just don't print out the back side pages.
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Blood Cell tokens
<table>
<thead>
<tr>
<th>Fact flow</th>
<th>A true or false game about the facts of donating blood.</th>
</tr>
</thead>
</table>

1. **Your donated blood will allow someone to get power over you.**
   - **False.** Voluntary donors who give blood of their own free will receive no payment for it. A unit of blood is: 450 ml, 1 unit is not enough to make someone lose their health or die. If you feel you are vulnerable, you can refuse to donate.

2. **The best way to give blood is to be paid for it.**
   - **False.** Providing blood is not paid for. However, thedonation process is free of charge and includes refreshments and other amenities. The main focus is on ensuring the safety and quality of blood.

3. **They will sell my blood even though I give it for free.**
   - **False.** Donated blood is kept and stored in sterile conditions. All blood donations are processed and screened to ensure that they are safe for use.

4. **Giving blood hurts too much.**
   - **False.** Most blood banks put a cream on your arm that makes sure you don’t feel any pain when the needle is inserted. If you feel pain, tell the nurse immediately. The pain is usually felt for a few seconds, and the needle is in for only a few minutes.

5. **I will faint if I donate blood.**
   - **False.** Donors are monitored closely during the donation process. A qualified healthcare professional will remain with you throughout, and you will be asked to sign a consent form.

6. **If you donate blood 4 times a year, I can save at least 12 people’s lives every year.**
   - **True.** Your donated blood can save people's lives. Each year, thousands of people receive blood transfusions, and your blood donation can help save the life of a loved one.

7. **I will gain weight from donating blood.**
   - **False.** Donating blood does not significantly affect your weight. However, donating blood can help lower your hematocrit levels, which is normal and healthy.

8. **Giving blood will make someone feel lazy, weak or fatigued.**
   - **False.** Right after you donate, you may feel a little dizzy. Any weakness you feel is usually temporary and you should feel fine in the next hour to resume your daily activities.

9. **I will run out of blood if I donate blood.**
   - **False.** VNRRB centres are extremely careful about blood donor safety, the patients and blood bank staff. A new, clean needle is used for every blood donation making it nearly impossible to get hepatitis or syphilis from blood donation.

10. **If someone needs blood and no one has donated, that person will die.**
    - **True.** Blood is composed of different parts that help people in need of blood or blood components.

11. **Blood is composed of different parts that help people in need of blood or blood components.**
    - **True.** When you give blood, the blood is collected in a donation bag on a small scale that measures when you have donated one unit and immediately stops taking more blood. It is not possible to give more blood unless you start the whole process over.

12. **When I give blood, it is ready for hospitals and clinics to use within 24 hours.**
    - **True.** True. When you give blood, the blood is then inventoried and sent out to hospitals and clinics within 24 hours.

13. **If need blood as a patient, I can use someone else’s donated blood to survive.**
    - **True.** The blood type you have will never change.

14. **I will get a snack right after I donate blood.**
    - **True.** True. After every blood donation, the blood bank will give you a snack to eat and drink water or juice and have a small snack to get your body to start making more blood cells for you to recover what you donated.

15. **I will have the same blood type my whole life.**
    - **True.** True. The blood type you have will never change.

16. **Getting a tattoo makes me a high-risk blood donor but I can give blood after a while.**
    - **True.** True. Needles are used to give a tattoo and the cleanliness of the tattoo needles is not always ensured. To keep blood stocks safe, you cannot give blood for four months after receiving your tattoo.

17. **Having several sexual partners may be a risk for donating blood.**
    - **True.** True. If you have a sexual partner who is involved in any kind of risk behaviour, you should not give blood for at least six months as they might have passed an infection on to you.

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**Blood Facts cards**
Blood Facts cards
### Blood Facts cards

<table>
<thead>
<tr>
<th>Fact Flow</th>
<th>True or False</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>The four applications of blood are whole blood, red blood cells, plasma, and platelets.</td>
<td>True</td>
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</tr>
<tr>
<td>The fear of blood donation in some countries means more deaths.</td>
<td>True</td>
<td>There are other more specialised types of donation but when you donate blood, the blood is typically used in one or more of the four formats.</td>
</tr>
<tr>
<td>I’ll had to suddenly have surgery tomorrow, I may not get enough blood.</td>
<td>True</td>
<td>Every country in the world continues to need blood on a regular basis to meet everyday health emergency needs.</td>
</tr>
<tr>
<td>I’m a Catholic and my partner is Protestant. Our religions support blood donation.</td>
<td>True</td>
<td>It is believed that blood donation is acceptable.</td>
</tr>
<tr>
<td>I’m a Buddhist and it is believed that blood donation is acceptable.</td>
<td>True</td>
<td>It is believed that blood donation is acceptable.</td>
</tr>
<tr>
<td>Every blood type can donate blood.</td>
<td>True</td>
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</tr>
<tr>
<td>You can only receive the blood type that matches your own or is compatible with your type.</td>
<td>True</td>
<td>Recipients with blood type AB can receive types A, B, AB and O.</td>
</tr>
<tr>
<td>The average person makes 2 million blood cells every second.</td>
<td>True</td>
<td>True. Your body is amazing. Red blood cells are produced in our bone marrow at a speedy rate to keep us healthy.</td>
</tr>
<tr>
<td>Needles are not always clean and might be reused.</td>
<td>False</td>
<td>True. VRNHD centres are extremely careful about regulating safety for blood donors, patients and blood bank staff. A new, clean needle is used for ever blood donation.</td>
</tr>
<tr>
<td>Giving blood makes my body weak for a long time.</td>
<td>False</td>
<td>VRNHD centres want you to come back because there is a steady need for blood all the time. Blood centres want you to have a safe experience so that you will come back and continue to help others with your donation.</td>
</tr>
<tr>
<td>Anything can happen to me if when I go to give blood.</td>
<td>False</td>
<td>VRNHD centres want you to come back because there is a steady need for blood all the time. Blood centres want you to have a safe experience so that you will come back and continue to help others with your donation.</td>
</tr>
<tr>
<td>It takes too long to give blood.</td>
<td>False</td>
<td>The whole process of giving blood normally takes about 45 minutes, from when you enter until when you have finished your snack and left. The actual time you are actually giving blood is only 5-10 minutes.</td>
</tr>
<tr>
<td>I am a Muslim. My religion says it is bad.</td>
<td>False</td>
<td>Islam does not forbid blood donation. In fact, the first 11 of which are for infectious diseases, are performed on each unit of donated blood to ensure safety.</td>
</tr>
<tr>
<td>It is not safe to give blood.</td>
<td>False</td>
<td>At least fourteen tests, II of which are for infectious diseases, are performed on each unit of donated blood to ensure safety.</td>
</tr>
<tr>
<td>It is scary to give blood. Anything can happen.</td>
<td>False</td>
<td>False. The procedure for donating blood is laid out in detail in Topic 5. There is nothing to fear.</td>
</tr>
<tr>
<td>I can catch AIDS from giving blood.</td>
<td>False</td>
<td>False. VRNHD centres are extremely careful about regulating safety for blood donors, patients and blood bank staff. A new, clean needle is used for every blood donation making it nearly impossible to get AIDS from blood donation.</td>
</tr>
</tbody>
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