



Fact flow

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



International Federation
of Red Cross and Red Crescent Societies

Rule Sheet

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 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.

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)

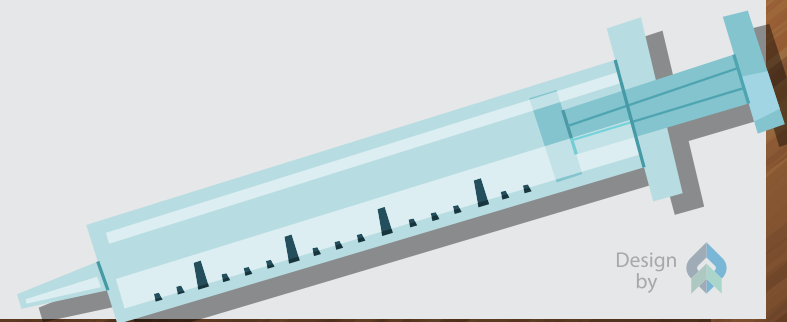
HOW TO PLAY: PLAYER TURN

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.

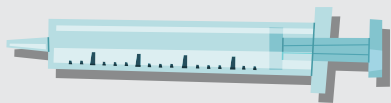
The active player chooses 'True' or 'False.' The player to his/her left reads the answer out loud and places the card on the Discard space. If the active player was correct he/she flips a Blood Cell of choice on the 'donor arm' space and slides their pawn that many spaces ahead and then places the Blood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



Design
by





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.



Design by



Discard

Place Blood Fact cards here after being played.

Blood Fact

True or False

Blood Fact

True or False

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



Finish

Place Blood Cell tokens here after being played.



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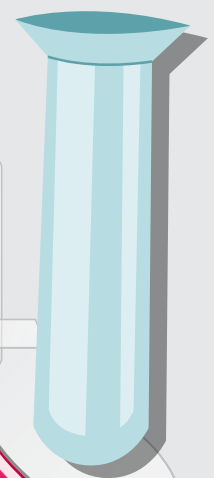

2-4



15m



17+





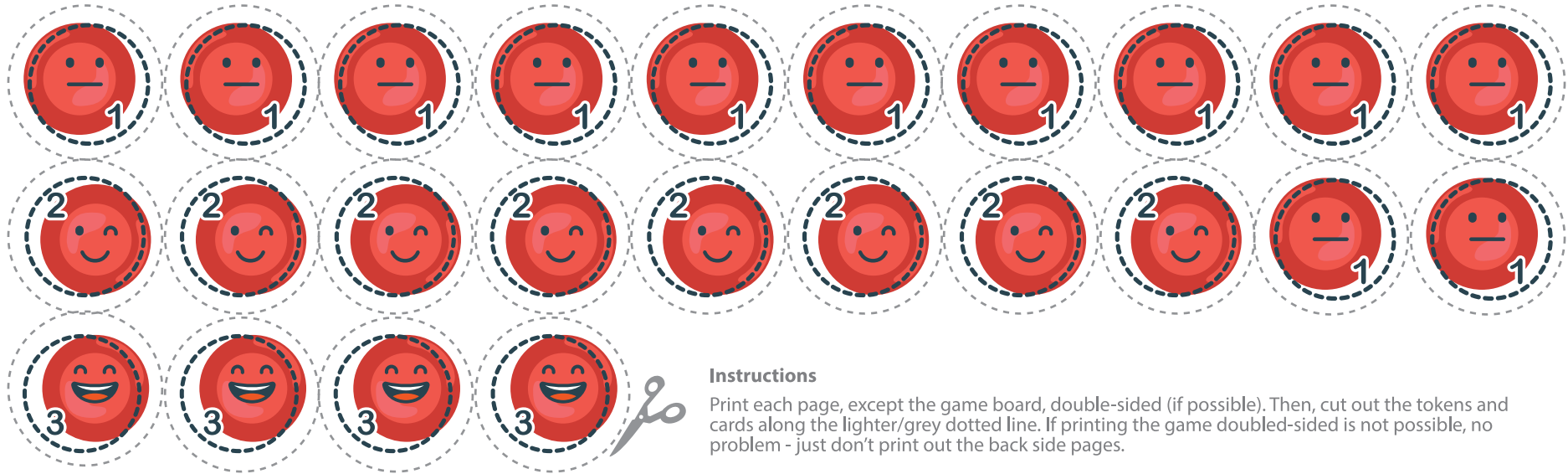
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Blood Cell tokens



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 doubled-sided is not possible, no problem - just don't print out the back side pages.



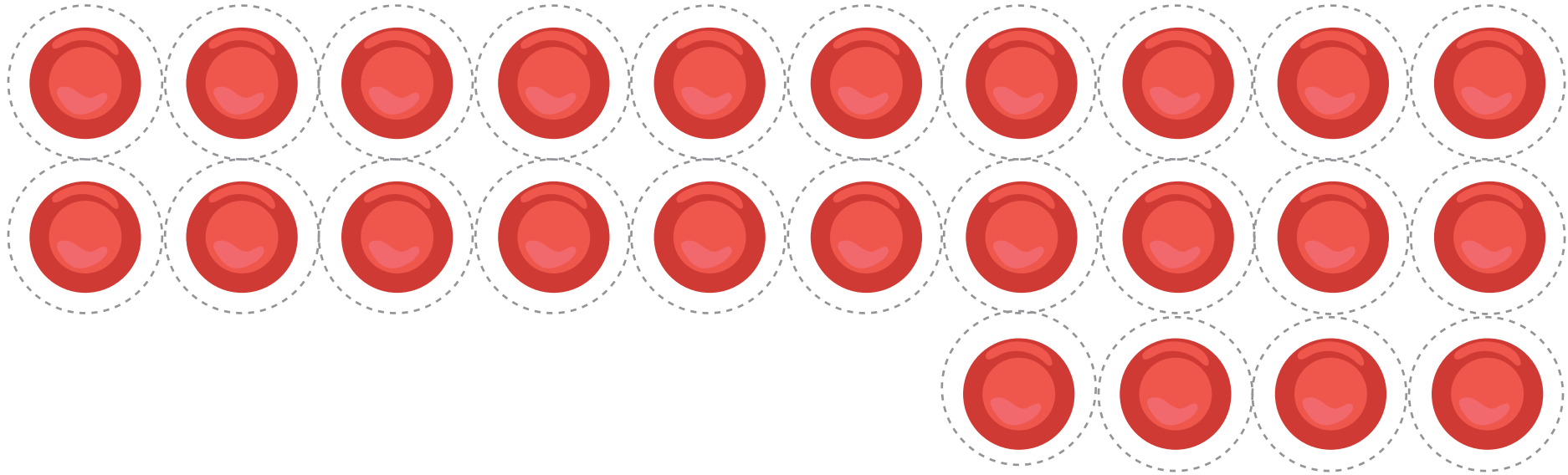
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Blood Cell tokens





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Your donated blood can be used to bewitch you.

True or False

False. Your blood is a fluid created by your body to carry nutrients and oxygen to your cells. Once it leaves your body, it has no more interaction with your body or mind and is not able to bewitch or curse you.

Your donated blood will allow someone to get power over you.

True or False

False. Your blood is a fluid created by your body to carry nutrients and oxygen to your cells. Once it leaves your body, it has no more interaction with your body or mind and is unable to exert power over you.

The best way to give blood is to be paid for it.

True or False

False. Voluntary donors who give blood of their own free receive no payment for it (cash, or any substitute for money). Small tokens, refreshments and reimbursements of travel costs encourage blood donation and maintain the safety of blood that VNRBD provides.

They will sell my blood even though I give it for free.

True or False

False. Patients who receive the blood pay a fee. This money is used to pay for sterile equipment, costs for blood bank facilities and the salaries of staff who test, take, process, the blood and separate it into the blood components needed.

Giving blood hurts too much.

True or False

False. Most blood banks will put a cream on your arm that makes sure you don't feel any pain when the needle is inserted. If your blood bank does not, the feeling of a pinprick is less than a second. Once the needle is in, the pain stops.

I will faint if I donate blood.

True or False

False. After you donate, you may feel a little dizzy. But this is why blood banks sit you down, give you a snack and juice and tell you to rest before continuing your day. They don't want you to faint either. Any weakness is usually temporary.

If I donate blood 4 times a year, I can save at least 12 people's lives every year.

True or False

True. You do not need to be a doctor or nurse to save lives. VNRBD donors can save up to three lives each time they donate. Since you should only donate up to 4 times a year, that means your donations can save up to 12 people's lives EVERY year. Wow.

I will gain weight from donating blood.

True or False

False. The weight of a unit of blood that is donated is approximately ½ kilogram. Most people will temporarily lose a little weight from the donation but you return to your normal weight as your body makes more blood.

Giving blood will make a person lazy, weak or fatigued.

True or False

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 day.

I will catch Hepatitis or syphilis from giving blood.

True or False

False. VNRBD 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.

I will run out of blood if I donate blood.

True or False

False. When you donate blood, the blood collection bag sits 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.

I will get bruises if I donate blood.

True or False

False. VNRBD 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.

I can get a check-up for free when I donate blood.

True or False

False. Before giving blood, a small test is done to see if you have any disease or risk that makes you ineligible for blood donation. While this test can tell you that you may have a disease, it is not the same as a full check-up.

I can save up to three people's lives if I donate blood.

True or False

True. When blood is separated into its components, each of these components of your donated unit of blood could go to help three people. For 5-10 minutes of donation, that is pretty remarkable.

I can help someone's family member with cancer when I give blood.

True or False

True. If you know someone who needs blood and is of the same blood type, you can donate to that person. But when you donate, you are always helping someone's family member who has cancer, a blood disorder, is having surgery or having a baby.

I can donate blood every three months.

True or False

True. While your body starts making more blood cells as soon as your blood donation ends, it is recommended to limit your donations to every three months to allow your body a full chance to recover.

If someone needs blood and no one has donated, that person will die.

True or False

True. No blood substitute exists. If no one donated blood, millions of people would die unnecessarily every year. There are still not enough donors in the world, so every drop helps someone.

Blood is composed of different parts that help people in need of blood or blood components.

True or False

True. When you give blood, the blood may be given to a patient with minimal processing (whole blood), or as plasma, platelets, or red blood cells.

When I give blood, it is ready for hospitals and clinics to use within 24 hours.

True or False

True. The blood bank immediately assigns your donation a unique ID and processes the blood. It is tested again and if safe, the units are labelled by blood type. The blood is then inventoried and sent out to hospitals and clinics within 24 hours.

I will get a snack right after I donate blood.

True or False

True. After every blood donation, the blood bank will want you to rest 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.

If I need blood as a patient, I can use someone else's donated blood to survive.

True or False

True. We never know when we or a loved one might need blood. When enough people donate blood, we can be assured that blood will be available of us when we need it.

I will have the same blood type my whole life.

True or False

True. The blood type you have will never change.

Getting a tattoo makes me a high-risk blood donor but I can give blood after a while.

True or False

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.

Having several sexual partners may be a risk for donating blood.

True or False

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.

Blood Facts cards



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Blood Fact True or False !	Blood Fact True or False !	Blood Fact True or False !	Blood Fact True or False !	Blood Fact True or False !	Blood Fact True or False !	Blood Fact True or False !	Blood Fact True or False !
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Blood Facts cards



Blood Facts cards

<p>The four applications of blood are whole blood, red blood cells, plasma, and platelets.</p> <p>True or False</p> <p>True. There are other more specialised types of donation but when you donate blood, the blood is typically used in one or more of these four formats.</p>	<p>The fear of blood donation in some countries means more deaths.</p> <p>True or False</p> <p>True. A lack of voluntary blood donors, and a dependence on family and replacement donors can lead to the need for donated blood not being met.</p>	<p>If I had to suddenly have surgery tomorrow, I may not get enough blood.</p> <p>True or False</p> <p>True. Every country in the world continues to need blood on a regular basis to meet the everyday health emergency needs.</p>	<p>I'm a Catholic and my partner is Protestant. Our religions support blood donation.</p> <p>True or False</p> <p>True. Jehovah Witnesses, a Christian group, forbids blood donation. But this is not stated in the Bible. Most other Christian groups see blood donation as being a good deed in saving others' lives.</p>	<p>I'm a Buddhist and it is believed that blood donation is acceptable.</p> <p>True or False</p> <p>True. There are no Buddhist objections to blood donation or transfusion provided that these are freely given. In some types of Buddhism, blood donation is seen as a way to become a buddha yourself.</p>	<p>Every blood type can donate blood.</p> <p>True or False</p> <p>True. It doesn't matter what blood type you have. Someone who can use your blood will use it once the blood bank processes and identifies the type.</p>	<p>You can only receive the blood type that matches your own or is compatible with your type.</p> <p>True or False</p> <p>True. Recipients with blood type... ...O can receive type O only. ...A can receive types A and O. ...B can receive types B and O. ...AB can receive types A, B, AB and O.</p>	<p>The average person makes 2 million blood cells every second.</p> <p>True or False</p> <p>True. Your body is amazing. Red Blood cells are produced in our bone marrow at a speedy rate to keep us healthy.</p>
<p>Needles are not always clean and might be reused.</p> <p>True or False</p> <p>False. VNRBD 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.</p>	<p>Giving blood makes my body weak for a long time.</p> <p>True or False</p> <p>False. Right after you donate, you may feel a little dizzy. But this is why blood banks, sit you down, give you a snack and juice and tell you to rest for a little bit before continuing your day. Any weakness you feel is usually temporary.</p>	<p>Anything can happen to me if when I go to give blood.</p> <p>True or False</p> <p>False. VNRBD 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.</p>	<p>It takes too long to give blood.</p> <p>True or False</p> <p>False. The whole process of giving blood normally takes about 45 minutes, from when you enter until when you have finished your snack and left. But the actual time you are actually giving blood is only 5-10 minutes.</p>	<p>I am a Muslim. My religion says it is bad.</p> <p>True or False</p> <p>Islam does not forbid blood donation. In fact, the Quran says that 'Saving one life is as if saving whole of humanity'.</p>	<p>It is not safe to give blood.</p> <p>True or False</p> <p>False. At least Fourteen tests, 11 of which are for infectious diseases, are performed on each unit of donated blood to ensure safety.</p>	<p>It is scary to give blood. Anything can happen.</p> <p>True or False</p> <p>False. The procedure for donating blood is laid out in detail in Topic 5. There is nothing to fear.</p>	<p>I can catch AIDS from giving blood.</p> <p>True or False</p> <p>False. VNRBD 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.</p>



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