

BLOOD DONATION ISN'T JUST FOR FAMILY IT'S FOR EVERYONE!

Donating blood doesn't have to be just a one-time thing. Blood from voluntary donors **saves lives**. Become a regular voluntary donor and donate again and again.

It is important that we have a sufficient supply of safe blood. This can only be achieved through regular blood donation. Regular voluntary donors ensure blood is available in emergency situations, such as when a patient is losing blood following a car accident.

Your blood is needed. Save lives. Become a regular blood donor today.



THANK YOU FOR DONATING BLOOD

GIVING BLOOD IS EASY!

- Your donation can help save up to three lives
- Donors receive a health check before donation, and a refreshment afterwards
- Your body will replace the fluid lost within 48 hours and there are no long lasting effects from blood donation
- Your blood will be used to save the lives of children, mothers losing blood during childbirth, road accident victims, cancer patients, and patients undergoing surgery
- You'll feel good knowing you have made a difference to the lives of others and a positive contribution to the community

DID YOU KNOW?

- Whole blood can only be stored for up to 42 days
- Blood cannot be manufactured
- Giving blood is quick and painless
- Whole blood donors can donate every 3-4 months, and plasma donors can donate every 14 days (but ask your blood centre exactly when you can return)

WHY SHOULD YOU BECOME A VOLUNTARY DONOR?

As long as you are healthy and meet the selection criteria, you can become a voluntary blood donor.

Sometimes patients who need blood may not have friends or family who can donate blood for them, and in an emergency there is often not enough time to find replacement donors.

A voluntary blood donor is someone who is motivated to do a selfless act to help their community. Voluntary donors understand that their blood will be used by someone they have never met.

HOW ELSE CAN I HELP?

If you are unable to be a blood donor in the future, bring a friend who can, and encourage your friends and family to become donors together! Tell them about your good experience and spread the word.

YOU CAN DONATE BLOOD AGAIN:



Day

Month

Year



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