

INSTRUCTIONS FOR USE

Brochure: Post donation care (retention) and post-donation unit exclusion (safety)

PURPOSE: Information following blood donation

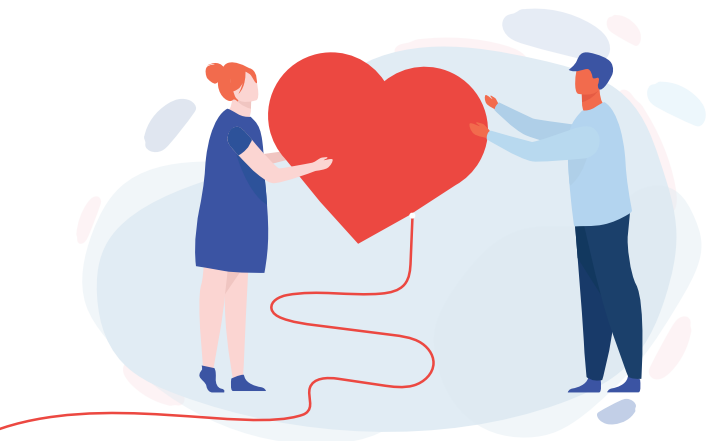
UPDATES REQUIRED

- 🔴 **DOWNLOAD REQUIRED FONT(S):**
Helvetica Neue Condensed Bold/Helvetica Neue Regular
 - 🔴 Check information is accurate and relevant to local systems, blood service standards and operational requirements
 - 🔴 Update contact details / social media / logos
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Before using these resources, please consider which materials are relevant and appropriate for your National Society's level of involvement in blood programs (Levels A, B or C). It is important to understand the risk management issues around appropriate use of Red Cross / Red Crescent logos and branding in government blood centres, including any reputational risks surrounding this.

Note. The use of these templates, and all associated documents referenced within, is at the user's own risk and the Global Advisory Panel (GAP) on Corporate Governance and Risk Management of Blood Services in Red Cross and Red Crescent Societies disclaims any liability for its use. It is at the user's sole discretion to adapt these to a more or less stringent format, subject to the user's own operational context and requirements, and it is strongly advised that comprehensive stakeholder collaboration between parties is conducted to validate the document is relevant and effective for local processes. In providing a copy of these templates, and all associated documents referenced within, GAP does not undertake to provide updates nor warrant its fitness for any purpose other than as a representation / sample of an operational agreement undertaken within the National Society's operational context. GAP disclaims any liability arising out of the use of these documents, and all associated documents referenced within, or any document derived from these materials.

THANK YOU FOR SAVING LIVES



AFTER YOU DONATE:

2 HOURS

Avoid smoking

6 HOURS

- Stay well hydrated
- Avoid exercise and heavy lifting
- Try not to overheat (ie. hot showers, direct sun)
- Avoid prolonged standing

8 HOURS

Avoid alcohol

If you have any questions after donation, become unwell, or think your blood unit should not be used for any reason, please call us on [insert telephone] (all calls are confidential)

DONATE. LIKE. SHARE: [FACEBOOK.COM/EXAMPLE](https://www.facebook.com/example)

SHARE YOUR EXPERIENCE WITH FAMILY, FRIENDS AND ON SOCIAL MEDIA.

