

FIRST TIME DONATING?

A TRAINED STAFF MEMBER WILL DETERMINE
IF YOU ARE ELIGIBLE TO DONATE



CAN I DONATE TODAY?

ARE YOU OVER 18 YEARS OLD, HEALTHY AND WEIGHT OVER 45KG?
YOU MAY BE ABLE TO GIVE BLOOD TODAY

HOW LONG DOES THE DONATION PROCESS TAKE?

45-60 MINUTES (includes interview, your health check and donation)
ACTUAL BLOOD DONATION ONLY TAKES 5-15 MINUTES

[FACEBOOK.COM/EXAMPLEBLOODPROGRAM](https://www.facebook.com/examplebloodprogram)

SAFETY IS OUR PRIORITY

WORKING TOGETHER WILL HELP KEEP DONORS
AND PATIENTS SAFE



HOW CAN YOU HELP KEEP BLOOD SAFE?

PLEASE TELL US IF YOU HAVE BEEN RECENTLY UNWELL (FEVER, FLU, OTHER)
HAD A RECENT INFECTION OF HEPATITIS B/C, HIV, SYPHILIS OR CONDUCTED
ILLICIT DRUG USE.

[FACEBOOK.COM/EXAMPLEBLOODPROGRAM](https://www.facebook.com/examplebloodprogram)

FEELING UNWELL?

PLEASE TELL US, AS YOU MAY NOT BE ABLE TO DONATE TODAY



FEVER, HEADACHE, SICKNESS, DIARRHOEA?

PLEASE INFORM OUR STAFF. WORKING TOGETHER WILL HELP
KEEP DONORS AND PATIENTS SAFE

[FACEBOOK.COM/EXAMPLEBLOODPROGRAM](https://www.facebook.com/examplebloodprogram)