

# 5 myths about blood donation

## Firstly, why should I consider donating blood?

Regular donation ensures blood will be available for your community when needed, ie. in an emergency situation such as a road traffic accident. There is no substitute for blood and it has a short expiry.



## 1 Donating blood will make me weak

**MYTH!** Blood donation does not make you weak or cause long-term health problems. Your body replenishes the donated blood within a short period, and the process does not have any significant adverse effects on your overall health.

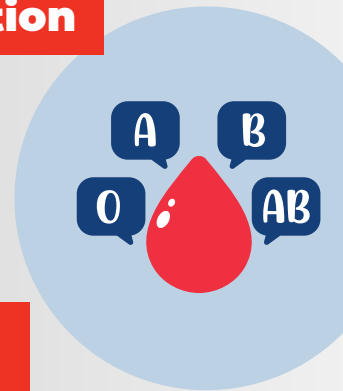


## 2 It is painful to donate blood

**MYTH!** Donating blood is generally a painless process. You may feel a slight pinch or prick when the needle is inserted, but the discomfort is minimal. The procedure is usually well-tolerated by most donors.

## 3 Only certain blood types are needed for donation

**MYTH!** All blood types are needed for donation. While there may be occasional shortages of specific blood types during emergencies, ongoing donations are necessary to maintain a sufficient supply of blood types for various medical conditions and procedures.



## 4 I cannot donate if I have a piercing or a tattoo

**MYTH!** In some countries, having a tattoo or body piercing does not automatically disqualify you from donating blood (providing the tattoo or piercing was performed in a licensed and sterile facility, and you meet other eligibility criteria). You may be able to donate blood after a specified waiting period, but consult your local blood service.

## 5 I cannot donate blood while menstruating

**MYTH!** Consult your local blood service, as every country is different. However the World Health Organization states females can be accepted for donation during menstruation, provided they feel well and meet minimum haemoglobin level.



*Do you have any other thoughts around giving blood that are making you reluctant to donate? We encourage you to discuss these with your local blood donor recruitment team!*