

Share Your Blood

Sharing or donating blood is easy and rewarding. You will not feel any ill effects after donating blood and you can save the life of someone who needs your kind of blood. Knowing your blood type can be important, especially during emergencies. Should you need a blood transfusion, finding the right type for you will be faster.

Did you know that...

- At present, an average of 4 cases need blood transfusion every month in any hospital.
- 3 out of 10 cases who need blood do not get it because there is not enough supply.
- Blood from a paid donor is 3 times more likely to have any of the four blood transmissible diseases—malaria, syphilis, hepatitis B, or AIDS.

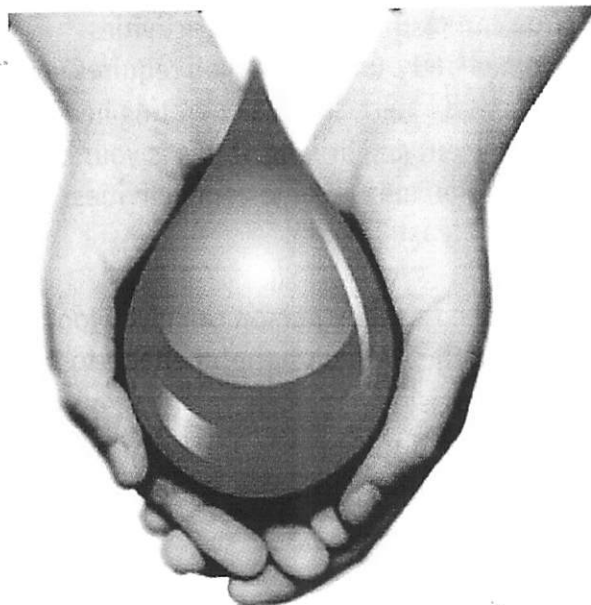
Are you qualified to share your blood?

YES, if you:

- Are 16-65 years old
- Weigh at least 45 kilograms or 100 pounds

How do you donate blood?

- Register as potential blood donor at the nearest Blood Collection Unit (BCU) located in a government hospital.
- Have your health history taken.
- Undergo a physical examination to check on your weight, temperature, pulse, and blood pressure.
- Have a blood test to determine your blood group or type.



If you meet all the physical requirements and pass the medical examinations, you can share your blood. You do not pay any fee.

What happens after you donate blood?

Sharing your blood is easy. It takes only 5-10 minutes and 250-450 milliliters of your blood. This amount is replenished by the body within 3-5 hours. No special food is required except the increase in fluid intake.

- After donating blood, rest for a few minutes before getting up. You may have your snack afterwards.
- Keep the dressing on the needle mark (where blood was drawn) on your arm dry for 24 hours. The skin around the mark may become discolored. It is not dangerous and will disappear after several days.

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- You can resume your usual activities immediately, unless your job requires you to be fully alert, such as operating heavy equipment and driving. If this is your kind of job, you may resume your activities after at least 6 hours.

A normal and healthy person can give blood every 3 months without harmful effects to the body.

What conditions prevent you from sharing blood?

- Cancer
- Diabetes
- Hyperthyroidism
- Cardiovascular diseases
- Severe psychiatric disorder
- Epilepsy/convulsions
- Severe bronchitis and other lung disorders, such as TB, AIDS, syphilis, and other sexually transmitted diseases (**past or present**)
- Malaria
- Kidney and liver diseases, such as hepatitis
- Prolonged bleeding
- Use of prohibited drugs

Reference

DOH Philippines. (2005). Health Advisory titled "Share Your Blood."