

# BLOOD DONATION



Safe blood is essential for helping people of all ages who suffer from **diseases**, disasters and accidents. Your donation saves lives and makes our community safe. Thank you!

Blood is always needed to save lives and treat people. Show your solidarity to the community and contribute with regular blood donations!

The need for blood is **universal**, but access to blood for all those who need it is not.

In low- and middle-income countries, women and children are most affected by shortages as they are ones who need blood most.

To ensure that everyone who needs **transfusion** has access to safe blood, all countries need **voluntary**, unpaid blood **donors** who give blood regularly.

Giving blood is a life-saving act of solidarity with others. Services providing **safe** blood and blood products are essential for every **health care system**.

All blood donors together provide a precious **safeguard** for patients and communities.

An enabling social and cultural atmosphere with strong solidarity facilitates the development of an **effective** blood donor programme.

The **act** of blood donation helps strengthen social ties and build a supportive community.

What can you do?

Be a **voluntary** blood donor and an inspiration to others.

Encourage your friends and family to become regular blood donors.

**Volunteer** with the blood service to reach out to members of your community, provide care to donors, and help manage blood donation sessions/drives.

**If I want to be a donor?**

Age: You are aged between 18 and 65.

Weight: You **weigh** at least 50 kg.

Health: You must be in good health at the time you donate. You cannot donate if you have a cold, **flu**, sore throat, cold sore, stomach bug or any other infection. If you have recently had a tattoo or body piercing you cannot donate for 6 months from the date of the procedure. It is not advisable to donate blood while **breast-feeding**.

ANSWER THE QUESTIONS:

1) WRITE TRUE OR FALSE

Safe blood isn't essential for helping people

The need for blood is universal

Giving blood isn't a life-saving act of solidarity with others

Be a voluntary blood donor and an inspiration to others

To be a donor you weigh at least 49 kg

2) LOOK FOR A TRANSLATION TO SPANISH OF THE WORDS IN RED AND MAKE A PORTER TO HANG ON THE WALL OF YOUR CLASSROOM.

