

# ADULT HEALTH BULLETIN



**JUNE 2023**

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## THIS MONTH'S TOPIC:

# BECOME A BLOOD DONOR



**B**lood is a precious gift that one person can give to another person. It is the gift of life. A decision to donate your blood can save more than one life. One donation can save up to three lives. There is a constant need for a regular supply of blood because it can only be stored for a limited time. Regular blood donation ensures that blood will always be available whenever and wherever it is needed.

There are many reasons why a person may need a blood transfusion. For example, women with complications during pregnancy and childbirth; children with severe anemia, often resulting from malaria or malnutrition; accident victims; and surgical and cancer patients, among others, may need blood. There is no substitute for human blood. Those who need blood rely on live human donors.

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Most adults who are healthy and do not have a transmissible infection are eligible to donate. Healthy adults can give blood regularly — at least twice a year. Your local blood service can tell you how frequently you can give blood.

Donating blood is very simple. Blood drive workers help donors feel as comfortable as possible, usually in a special chair or on a bed. A trained health worker cleans the area inside one of your elbows with an antiseptic solution before inserting a sterile needle, connected to a blood collection bag, into your vein. It usually takes about 10 minutes to donate blood. After resting for 10 or 15 minutes and taking some refreshment, you can return to your normal activities. However, you should avoid strenuous activity for the rest of the day. You should drink plenty of fluids over the next 24 hours.

The Red Cross and many local hospitals and nonprofit health organizations organize blood donation drives on an ongoing basis in many communities. If you are interested in becoming a blood donor and saving lives, reach out to a blood donation organization or your local hospital today!

**REFERENCE:**

<https://www.who.int/news-room/questions-and-answers/item/blood-products-why-should-i-donate-blood>

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