

Save a life...

be a volunteer blood donor

Most of us will never require a blood transfusion. But for others who are critically ill, it could mean the difference between life and death.

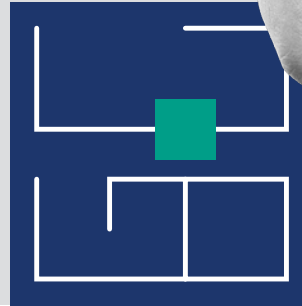
Who can Donate?

Healthy persons aged 17 and above, weighing at least 50 kg.

How can blood save lives?

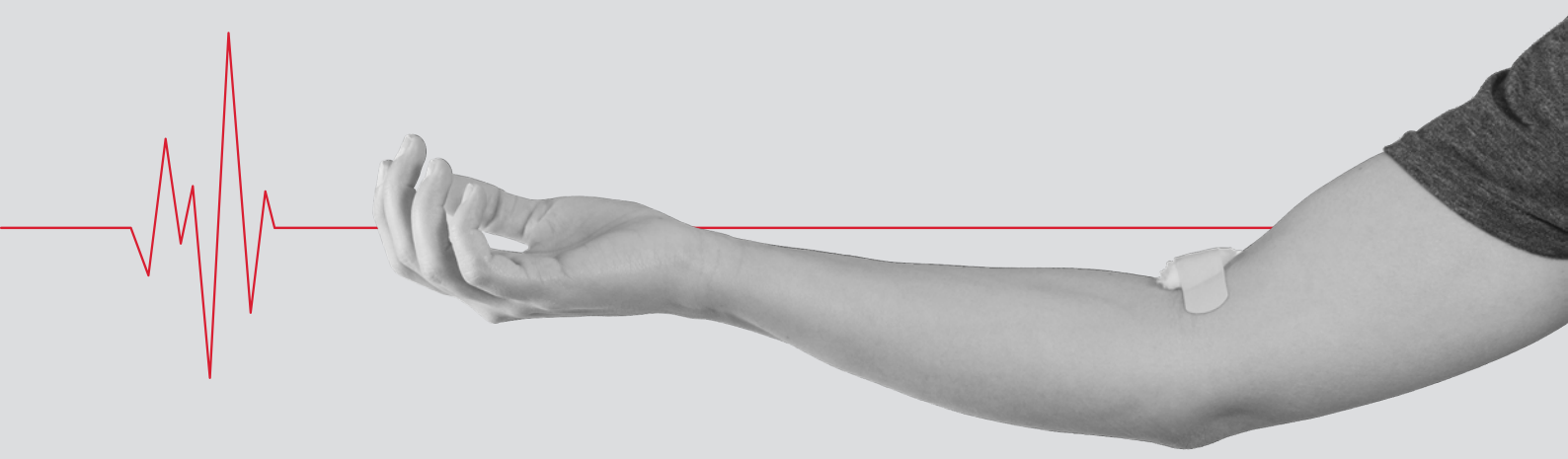
Blood contains many life saving components. It can be processed into products required to treat a variety of medical conditions within six hours of donation. Some of the products acquired from blood transfusions include:

- **Red Blood Cells**, which carry vital oxygen through the body. They are used by patients who suffer a loss of blood due to trauma or surgery.
- **Plasma**, used mainly in the emergency treatment of shock or in cases of severe burns.
- **Platelets**, which play an essential part in blood clotting. For instance, platelets are used to treat patients with severe hemorrhage or leukemia. Often single patient will need platelets from 10 or more donors, within a short time. These cells have a life span of only five days. Hence, blood bank stock needs to be constantly renewed.
- **Cryoprecipitate**, which contains the clotting substance absent in patients who suffer from hemophilia.



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What Are the Benefits for Donors?

- The satisfaction of knowing they are making a difference in the community by helping others.
- The knowledge and assurance that adequate supplies of blood are available for them, their family and others.
- The benefits of checking blood pressure, hemoglobin and pulse rate every time they donate blood.

Why Should I Become a Regular Blood Donor?

- One unit of blood can save three lives.
- There is no substitute for human blood.
- Approximately 60 percent of the population is eligible to donate blood, yet less than five percent do.

Is Donating Blood Safe?

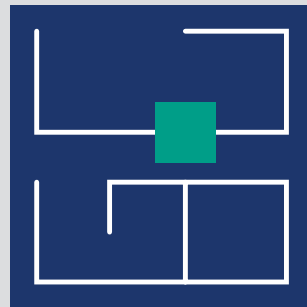
Donating blood is absolutely safe; there is NO risk of contracting any disease through donating blood. Each donor receives his or her own sterile blood bag and needle each time.

How Much can I Donate?

You can donate 450 ml, three to four times a year. Each of us has about five liters of blood in our body, which continually being replenished.

Where Can I Donate?

Call the Blood Bank at Dhahran Health Center on 870-6638 or 870-6770 during regular working hours. Or you can register at JHAH.com, scan the QR code to visit our Blood Donation webpage.



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