

Blood donation amidst covid-19

If you tested positive:

If your RT-PCR test returned positive, regardless of clinical symptoms and signs, wait for 28 days. You can donate your blood after 28 days of home isolation following the discharge from a treatment facility.

If you were in contact with a covid-19 patient:

If you were a primary contact of a covid positive patient or those suspected of it, wait for 28 days before donating blood. It includes the people under quarantine as well.

If you travelled from a covid hotspot:

If you just travelled in from a covid-19 hotspot, wait 28 days after the arrival to be ready for blood donation.

#BeASuperDonor



COVID-19 Blood Transfusion Guidelines

For Blood Safety

💧 After Blood Donation

The blood donor should be encouraged to report back to the blood centre or the camp organiser within 28 days of donating blood if the donor is experiencing the following:

- i. Post donation illness suspicious of COVID-19 in self
- ii. Been confirmed positive for COVID-19
- iii. A closed contact having been conferred positive for COVID-19

💧 During Vaccination

You can donate blood one of the following method:

1. Before taking the first dose of the COVID-19 vaccine
2. 28 days after taking the first dose of the COVID-19 vaccine
3. 28 days after taking the 2nd dose of the COVID-19 vaccine

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General Guidelines for Blood Donors

1. Age should be between 18 and 60.
2. Body weight should be atleast 50kg.
3. Should have had a good sleep the night before.
4. Should not have consumed any alcoholic beverages the day before.
5. Should have had a good meal on the day of blood donation.
6. There must be no instance of infection like cough, fever, wound etc.
7. Persons with cancer, asthma, epilepsy or any heart/lung diseases should refrain from donating blood.
8. The level of haemoglobin in the blood should be above 12.5
9. Persons should refrain from donating blood for 1 year if they have undergone a major surgery ; for 6 months in case of a minor surgery.
10. Persons with diabetes, high blood pressure or any thyroid disease may not be allowed to donate blood.
11. Persons who have gotten a tattoo/ Rabies vaccine / received blood should refrain themselves from donating blood for a period of 1 year.
12. Women during the periods of menstruation/breastfeeding should not donate blood. Women after childbirth should wait atleast 1 year before donating blood.

Remember, a healthy man and a healthy woman can donate blood once in every 3 and 4 months respectively

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