DID YOU KNOW?

* Every year our nation requires about 4 Crore units of blood, out of which only a meagre 40 Lakh units of blood are available.
* More than 38,000 blood donations are needed every day.
* Type O-negative blood can be transfused to patients of all blood types. It is always in great demand and often in short supply.
* If you began donating blood at age 18 and donated every 90 days until you reached 60, you would have donated 30 gallons of blood, potentially helping save more than 500 lives!

Who can donate blood?

* Health Condition - The donor must be fit and healthy, and should not be suffering from any transmittable diseases
* Age - The donor must be 18–65 years old
* Weight - Should weigh a minimum of 50 kg.
* Pulse rate - Between 50 and 100 without irregularities.
* Haemoglobin level - A minimum of 12.5 g/dL.
* Blood pressure – Diastolic: 50–100 mm Hg, Systolic: 100–180 mm Hg.
* Body Temperature- Should be normal, with temperature not exceeding 37.5 °C.
* The time period between successive blood donations should be more than 3 months.

Who cannot donate blood?

* A person who has been tested HIV positive.
* Individuals suffering from ailments like cardiac arrest, hypertension, blood pressure, cancer, epilepsy, kidney ailments and diabetes.
* A person who has undergone ear/body piercing or tattoo in the past 6 months.
* Individuals who have undergone immunization in the past 1 month.
* Individuals treated for rabies or received Hepatitis B vaccine in the past 6 months.
* A person who has consumed alcohol in the past 24 hours.
* Women who are pregnant or breastfeeding.
* Individuals who have undergone major dental procedures or general surgeries in the past 1 month.
* Women who have had miscarriage in the past 6 months.
* Individuals who have had fits , tuberculosis , allergic disorders in the past.
* Individuals who currently have asthma with active symptoms, and severe asthma patients.

PROS:

* Blood donation can reveal potential health problems.
* Blood donation can reduce harmful iron stores
* Blood donation may lower your risks of suffering a heart attack
* Blood donation may reduce your risk of developing cancer
* Blood donation can help your liver stay healthy
* Blood donation can help your mental state

CONS:

* Painful-The insertion of needle into the veins can be painful.
* Weakness-A person may faint or feel dizzy after donating blood but these symptoms are quite common.