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**ARE INDIVIDUALS WHO
RECEIVED A (1ST OR 2ND
DOSE) COVID-19 VACCINE
ELIGIBLE TO GIVE BLOOD?**

YES, COVID VACCINATED CAN DONATE BLOOD AFTER 14 DAYS OF GETTING A VACCINE.

AFTER DETAILED DELIBERATIONS AMONG THE EXPERT GROUP, IT HAD BEEN DECIDED TO REDUCE THE DEFERRAL PERIOD TO **14 DAYS** AFTER RECEIVING EACH/ANY DOSE OF THE CURRENTLY AVAILABLE COVID VACCINES IN THE COUNTRY.

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DOES GIVING BLOOD AFTER RECEIVING A COVID-19 VACCINE REDUCE A DONOR'S PROTECTION FROM THE VIRUS?

DONATING BLOOD AFTER RECEIVING A COVID-19 VACCINE **DOES NOT REDUCE** A DONOR'S PROTECTION FROM THE VIRUS.

THE COVID-19 VACCINE IS DESIGNED TO GENERATE AN IMMUNE RESPONSE **TO HELP PROTECT** AN INDIVIDUAL FROM ILLNESS. A DONOR'S IMMUNE RESPONSE IS NOT IMPACTED BY GIVING BLOOD.

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**AFTER WHAT INTERVAL
CAN AN INDIVIDUAL TAKE
THE COVID VACCINE
FOLLOWING BLOOD
DONATION? WILL THERE
BE ANY SIDE EFFECTS?**

ON THE VERY NEXT DAY OF DONATING BLOOD, THE
DONOR CAN TAKE HIS/HER VACCINATION.

AFTER MULTIPLE STUDIES AND TESTS, NO SIDE EFFECTS
HAVE BEEN FOUND YET.

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BLOOD DONATION GENERAL REQUIREMENTS

- **AGE:** 18 TO 60 YEARS (UP TO 65 YEARS IF DONATING REGULARLY)
- **WEIGHT:** 45 KGS OR MORE
- **HAEMOGLOBIN** AT LEAST 12.5 GM/DL

*YOU CAN **SAFELY** DONATE BLOOD DURING YOUR **PERIOD**. IT MAY BE BETTER TO DONATE THE WEEK AFTER PERIODS, BUT IT IS STILL MANAGEABLE IF YOU ARE NOT BLEEDING HEAVILY, YOUR HEMOGLOBIN IS MORE THAN 11 GM/DL AND YOU ARE NOT IN ANY DISCOMFORT OR PAIN.

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**POINTS TO TAKE INTO
CONSIDERATION OWING
TO CURRENT COVID
SITUATION:**

- DONORS NEED TO WEAR A MASK PROPERLY COVERING THE NOSE AND MOUTH FROM THE TIME THEY ENTER THE 'CAMP SITE' TO THE TIME THEY EXIT, EXCEPT WHEN THEY ARE HAVING REFRESHMENTS.
- DONORS NEED TO USE HAND SANITIZER AVAILABLE AT THE ENTRANCE OF THE 'CAMP SITE'.
- THEY SHOULD FOLLOW PROPER PHYSICAL DISTANCING NORMS FOR THEIR AND OTHERS SAFETY.

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**POINTS TO TAKE INTO
CONSIDERATION OWING
TO CURRENT COVID
SITUATION:**

- AVOID 'CAMP SITE' VISIT IF YOUR FAMILY MEMBERS OR COLLEAGUES WITH WHOM YOU SHARE WORK PLACE HAD COUGH, COLD OR FEVER IN THE PAST 1 MONTH.
- AVOID 'CAMP SITE' VISIT IF YOU OR YOUR FAMILY MEMBER WERE ADMITTED OR UNDER HOME ISOLATION IN PAST 28 DAYS.

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PRECAUTIONS BEFORE DONATION:

- SHOULD HAVE EATEN SOMETHING WITHIN 4 HOURS PRIOR TO DONATION
- SHOULD HAVE SLEPT WELL FOR AT LEAST 6 HOURS, WITHIN 24 HOURS BEFORE DONATION
- SHOULD NOT HAVE SMOKED WITHIN 4 HOURS PRIOR TO DONATION
- SHOULD NOT HAVE CONSUMED ALCOHOL WITHIN 24 HOURS PRIOR TO DONATION
- SHOULD NOT HAVE UNDERGONE TATTOOING OR BODY PIERCING WITHIN 12 MONTHS

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POST-DONATION CARE:

- TAKE MORE FLUIDS ORALLY THAN USUAL IN NEXT 4 HOURS LIKE FRUIT JUICES, WATER
- DO NOT SMOKE FOR 30 MINUTES AFTER DONATION
- DO NOT STAND IN DIRECT SUNLIGHT FOR LONG
- DO NOT TAKE ALCOHOL FOR NEXT 24 HOURS
- AVOID DRIVING ANY VEHICLE FOR 1 TO 2 HOURS
- AVOID ANY HEAVY STRENUOUS ACTIVITY FOR THAT DAY LIKE JOGGING, WORKOUT LIKE HEAVY WEIGHT LIFTING IN GYMNASIUM, ETC.

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POST-DONATION CARE:

- IF THERE IS BLEEDING FROM PHLEBOTOMY SITE, RAISE ARM AND APPLY PRESSURE AT THE SITE
- REMOVE BANDAGE 5-6 HOURS AFTER DONATION
- IF THERE IS FEELING OF GIDDINESS, EITHER LIE DOWN OR SIT WITH HEAD BETWEEN THE KNEES
- IF THE SYMPTOMS PERSIST CALL FOR HELP OR RETURN TO BLOOD CENTRE AND CONSULT THE DOCTOR

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