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# About

JeevanRakht is a Virtual Blood Bank web application, which aims at providing mechanism for people in need to directly contact willing donors and find out blood availability in nearby blood banks.

On this platform, people who are willing to donate blood can sign up with details of their blood groups and location. Besides, there will be accounts of blood banks with details like blood availability, blood group and location of blood bank to filter out nearest blood banks which best fits.



# Why donate?

## Why should we donate blood?

There are a huge number of people who need blood at any given time and the reasons may vary.

People might need blood because:

- a. The recipient may have been in a road accident, natural disaster, childbirth and lost huge amount of blood in these situations.
- b. A patient under surgery may need blood in case of sudden loss of blood or any medical complication.
- c. In case of certain liver ailments like Hepatitis C where there is destruction and regeneration of liver, platelet transfusion may be required.
- d. In a severe case of anemia, patient may require blood transfusion.
- e. Cancer patients may require blood transfusion, especially when they are under chemotherapy (treatment which affects blood cells) or stem cell transplants. Many chemotherapy medicines and the disease itself can sometimes interfere with normal production of blood cells in the bone marrow.
- f. Dengue patients may require Platelet transfusion if their platelet count is less than 10,000 and they are having active bleeding.
- g. Thalassemia is a genetic disease, where the patient's body generates less healthy hemoglobin and red blood cells, which puts pressure on the bone marrow and spleen. Patients, who are suffering from acute or intermediate level, blood transfusion is the main medical care option.
- h. Thrombocytopenia is the condition where there is a low platelet count in patient's body and this may be inherited or acquired later due to several reasons. Patients need blood transfusion to help them maintain the platelet count.
- i. Hemophilia is a rare disorder where a patient's blood doesn't clot in normal way. It is an inherited disease and can be treated by replacement therapy where concentration of clotting



factor VIII (for hemophilia A) or clotting factor IX (for hemophilia B) are slowly dripped or injected into a vein. Clotting factor concentration can be made of blood though in this case concentration which are not made from blood are also available.

j. There are several other diseases and cases where patients may require blood transfusion and we as blood donors hold the power to be a hero and save lives, so please donate blood.

### **Why can't the parents, siblings, children and immediate family donate blood when required?**

#### **Why is my donation required?**

When parents, siblings, children, family donate blood it is known as direct donation. This may not be possible/advisable due to a few reasons.

- a. The blood group may not match. It is possible even in the case of family that the blood group may not match.
- b. The donations made by family may not be enough for the patient's needs because a donor can only donate 1 pint.
- c. Though people may find it safer to have a family member as donor, but research doesn't support this theory. A few reasons for this are that donors known to the patient may be hesitant to reveal information about their personal or medical history. Also, there may be more chances of infection for a first-time donor than a regular donor.
- d. Previously pregnant women can become sensitized against red cell antigens from their children's father(s), causing adverse reactions in the transfusion recipient.
- e. Also even if the family members are compatible it takes some time to test the collected blood to ensure that it is safe for transfusion.
- f. Women of childbearing age should not be recipients of blood donated by their children, husband or husband's blood relatives as this could adversely affect future pregnancies should red cell antibodies form.
- g. Being a regular donor helps you to be available when someone needs your help and helps you to be healthy as you regularly undergo medical checkups.



## Blood supply improves, but India still faces a shortfall of 10 per cent

Data shows that 16 States (including Union Territories) faced a shortage while 18 States had sufficient or excess amount of blood units.

India faced a 10 per cent shortage in its estimated blood requirement in 2015-16, an improvement from the 17 per cent shortfall reported in 2013-14 (as per Govt. records). The estimated requirement is around 1.2 crore units per annum.

In 2015-16, blood collection through various sources, including blood donation camps, was 1.1 crore units — a shortage of 11.5 lakh units, according to data released by the Ministry of Health and Family Welfare. The availability of blood is also sharply skewed. While Delhi had a surplus of 233 per cent in available blood units, Bihar faced 85 per cent shortage — the State had just 1.6 lakh units available against a demand of 10.3 lakh units per annum — the Ministry said in response to a question in Parliament.

However, the availability of blood units had improved from 2013-14 when a shortage of 17 per cent was recorded. The shortage was 21 lakh units in 2013-14.

Sikkim, Karnataka, Andhra Pradesh, Uttarakhand and West Bengal moved from a deficit in 2013-14 to a surplus in 2015-16. For instance, Sikkim had a 19 per cent shortage in 2013-14. However, in 2015-16, blood unit availability improved by around 22 percentage points, with a surplus of 2.6 per cent.

Among the large States, Maharashtra (46 per cent), Punjab (39 per cent) and Kerala (35 per cent) had the highest proportion of excess blood units.

At the other extreme, in addition to Bihar, four other States — Chhattisgarh, Arunachal Pradesh, Uttar Pradesh and Meghalaya — had a shortage of greater than 50 per cent. Jammu and Kashmir reduced its blood deficit by 53 percentage points — the highest among large States — down from 85 per cent shortage in 2013-14 to 32 per cent in 2015-16.

In response to a Parliament question earlier this year, the Health Ministry noted there was no shortage of blood banks in India. As of February 2015, there were 2,708 — 1024 public and 1684 private — blood banks in the country. However, 81 districts spread across 17 States did not have a blood bank.

Many of these districts are new and recently created.

Under the National Health Mission, for 2015-16, proposals were received from Madhya Pradesh and Assam, requesting support for 11 new blood banks, for which approval had been accorded.

“Under the National AIDS Control Programme-IV, the government is strengthening the programme for blood transfusion services with efforts directed towards the promotion of voluntary, non-



remunerative blood donation in partnership with NGOs and voluntary organizations,” the Ministry said.

(\*Source: *THE HINDU*)

Beware! when you donate blood to any private hospital / clinic they don't pay you in return, instead some provide complimentary snacks as a social gesture, but do you know that some hospitals sell your donated blood unit as high as Rs. 8,000 to 15,000 taking advantage of the situation. Donate blood to the needy ones. You can join us to know if there is any blood requirement in your vicinity.



# Eligibility

<<Listed as accordion>> with first two accordion items open

1. **Acupuncture:** Donors who have undergone acupuncture treatments are acceptable.
2. **Age:** You must be at least 18 years old to donate to the general blood supply, or under 18 years old with parental/guardian consent, if allowed by state law. There is no upper age limit for blood donation if you are well with no restrictions or limitations to your activities.

*In-Depth Discussion of Age and Blood Donation:*

- a. Those younger than age 18 are almost always legal minors.
  - b. Persons under the age of 18 may, however, donate blood for their own use, in advance of scheduled surgery or in situations where their blood has special medical value for a patient such as a family member.
3. **Allergy, Stuffy Nose, Itchy Eyes, Dry Cough:**  
Acceptable if you feel well, have no fever, and have no problems breathing through your mouth.
  4. **Antibiotics:** A donor with an acute infection should not donate. The reason for antibiotic use must be evaluated to determine if the donor has a bacterial infection that could be transmissible by blood. Acceptable after finishing oral antibiotics for an infection (bacterial or viral). May have taken last pill on the date of donation. Antibiotic by injection for an infection acceptable 10 days after last injection. Acceptable if you are taking antibiotics to prevent an infection for the following reasons: acne, chronic prostatitis, peptic ulcer disease, periodontal disease, pre-dental work, rosacea, ulcerative colitis, after a splenectomy or valvular heart disease. If you have a temperature above 37.5 °C, you may not donate.
  5. **Aspirin:** No waiting period for donating whole blood. However, you must wait 2 days (3 days if you donate in New York State) after taking aspirin or any medication containing aspirin before donating platelets by apheresis.
  6. **Asthma:** Acceptable as long as you do not have any limitations on daily activities and are not having difficulty breathing at the time of donation and you otherwise feel well. Medications for asthma do not disqualify you from donating.
  7. **Birth Control:** Women on oral contraceptives or using other forms of birth control are eligible to donate.





8. **Bleeding Condition:** If you have a history of bleeding problems, you will be asked additional questions. If your blood doesn't clot normally, you should not donate since you may have excessive bleeding where the needle was placed. For the same reason, you should not donate if you are taking any "blood thinner" such as:

- a. Atrixa (fondaparinux)
- b. Coumadin (warfarin)
- c. Eliquis (apixaban)
- d. Fragmin (dalteparin)
- e. Heparin
- f. Jantoven (warfarin)
- g. Lovenox (enoxaparin)
- h. Pradaxa (dabigatran)
- i. Savaysa (edoxaban)
- j. Warfilone (warfarin)
- k. Xarelto (rivaroxaban).

Donors with clotting disorder from Factor V who are not on anticoagulants are eligible to donate; however, all others must be evaluated by the health historian at the collection center.

9. **Blood Pressure, High:** Acceptable if your blood pressure is below 180 systolic (first number) and below 100 diastolic (second number) at the time of donation. Medications for high blood pressure do not disqualify you from donating.

10. **Blood Pressure, Low:** Acceptable if you feel well when you come to donate, and your blood pressure is at least 90/50 (systolic/diastolic).

11. **Cancer:** Eligibility depends on the type of cancer and treatment history. If you had leukemia or lymphoma, including Hodgkin's Disease and other cancers of the blood, you are not eligible to donate. Other types of cancer are acceptable if the cancer has been treated successfully and it has been more than 12 months since treatment was completed and there has been no cancer recurrence in this time. Lower risk in-situ cancers including squamous or basal cell cancers of the skin that have been completely removed do not require a 12-month waiting period.

Precancerous conditions of the uterine cervix do not disqualify you from donation if the abnormality has been treated successfully. You should discuss your situation with the health historian at the time of donation.

12. **Chronic Illnesses:** Most chronic illnesses are acceptable as long as you feel well, the condition is under control, and you meet all other eligibility requirements.

13. **Cold, Flu:** Wait if you have a fever or a productive cough (bringing up phlegm). Wait if you do not feel well on the day of donation. Wait until you have completed antibiotic treatment for sinus, throat or lung infection.



14. **Dental Procedures and Oral Surgery:** Acceptable after dental procedures as long as there is no infection present. Wait until finishing antibiotics for a dental infection. Wait for 3 days after having oral surgery.

15. **Diabetes:** Diabetics who are well controlled on insulin or oral medications are eligible to donate.

*Donation Intervals:*

Wait at least 8 weeks between whole blood (standard) donations.

Wait at least 7 days between platelet (pheresis) donations.

Wait at least 16 weeks between Power Red (automated) donations.

16. **Heart Disease:** In general, acceptable if you have been medically evaluated and treated, have no current (within the last 6 months) heart related symptoms such as chest pain and have no limitations or restrictions on your normal daily activities.


- Wait at least 6 months following an episode of angina.
- Wait at least 6 months following a heart attack.
- Wait at least 6 months after bypass surgery or angioplasty.
- Wait at least 6 months after a change in your heart condition that resulted in a change to your medications.

If you have a pacemaker, you may donate as long as your pulse is between 50 and 100 beats per minute and you meet the other heart disease criteria. You should discuss your particular situation with your personal healthcare provider and the health historian at the time of donation

17. **Heart Murmur, Heart Valve Disorder:** Acceptable if you have a heart murmur as long as you have been medically evaluated and treated and have not had symptoms in the last 6 months, and have no restrictions on your normal daily activities.

18. **Height and Weight Requirements**

- Female Donors:* Female donors who are 18 years old and younger must weigh 110 lbs. or more, depending on their height. See chart below:

	If You Are	4'10"	4'11"	5'	5'1"	5'2"	5'3"	5'4"	5'5"	5'6" or taller
	You must weigh at least	146	142	138	133	129	124	120	138	110

- Male Donors:* Male donors who are 18 years old and younger must weigh 110 lbs. or more, depending on their height. See chart below:

	If You Are	4'10"	4'11"	5' or taller
	You must weigh at least	118	114	110

19. **Hemoglobin, Hematocrit, Blood Count:** To donate blood, a woman must have a hemoglobin level of at least 12.5 g/dL, and a man must have a hemoglobin level of at least 13.0 g/dL. For all donors, the



hemoglobin level can be no greater than 20 g/dL. Separate requirements for hemoglobin level apply for Power Red.

20. **Hepatitis, Jaundice:** If you have signs or symptoms of hepatitis (inflammation of the liver) caused by a virus, or unexplained jaundice (yellow discoloration of the skin), you are not eligible to donate blood. If you ever tested positive for hepatitis B or hepatitis C, at any age, you are not eligible to donate, even if you were never sick or jaundiced from the infection.
21. **Hepatitis Exposure:** If you live with or have had sexual contact with a person who has hepatitis, you must wait 12 months after the last contact.

Persons who have been detained or incarcerated in a facility (juvenile detention, lockup, jail, or prison) for more than 72 consecutive hours (3 days) are deferred for 12 months from the date of last occurrence. This includes work release programs and weekend incarceration. These persons are at higher risk for exposure to infectious diseases.

Wait 12 months after receiving a blood transfusion (unless it was your own "autologous" blood), non-sterile needle stick or exposure to someone else's blood.

22. **HIV, AIDS:** You should not give blood if you have AIDS or have ever had a positive HIV test, or if you have done something that puts you at risk for becoming infected with HIV.

You are at risk for getting infected if you:

- a. have ever used needles to take any drugs, steroids, or anything not prescribed by your doctor
- b. are a male who has had sexual contact with another male, in the last 12 months
- c. have ever taken money, drugs or other payment for sex
- d. have had sexual contact in the past 12 months with anyone described above
- e. You should not give blood if you have any of the following conditions that can be signs or symptoms of HIV/AIDS:
  - f. Fever
  - g. Enlarged lymph glands
  - h. Sore throat
  - i. Rash

23. **Hormone Replacement Therapy (HRT):** Women on hormone replacement therapy for menopausal symptoms and prevention of osteoporosis are eligible to donate.
24. **Hypertension, High Blood Pressure:** *See High Blood Pressure section above.*
25. **Immunization, Vaccination:** Acceptable if you were vaccinated for influenza, tetanus or meningitis, providing you are symptom-free and fever-free. Includes the Tdap vaccine. Acceptable if you received an HPV Vaccine (example, Gardasil).
- Wait 4 weeks after immunizations for German measles (Rubella), MMR (Measles, Mumps and Rubella), Chicken Pox and Shingles.



Wait 2 weeks after immunizations for Red Measles (Rubeola), Mumps, Polio (by mouth), and Yellow Fever vaccine.

Wait 21 days after immunization for hepatitis B if you are not given the immunization for exposure to hepatitis B.

Smallpox vaccination and did not develop complications Wait 8 weeks (56 days) from the date of having a smallpox vaccination if you have had no complications. Complications may include skin reactions beyond the vaccination site or general illness related to the vaccination.

Smallpox vaccination and developed complications Wait 14 days after all vaccine complications have resolved or 8 weeks (56 days) from the date of having had the smallpox vaccination whichever is the longer period. You should discuss your situation with the health historian at the time of donation. Complications may include skin reactions beyond the vaccination site or general illness related to the vaccination.

Smallpox vaccination – close contact with someone who has had the smallpox vaccine in the last eight weeks and

- a. you did not develop any skin lesions or other symptoms. Eligible to donate.
- b. you have since developed skin lesions or symptoms. Wait 8 weeks (56 days) from the date of the first skin lesion or sore. You should discuss your situation with the health historian at the time of donation. Complications may include skin reactions or general illness related to the exposure.

26. **Infections:** If you have a fever or an active infection, wait until the infection has resolved completely before donating blood. Wait until finished taking antibiotics for an infection (bacterial or viral).

Wait 10 days after the last antibiotic injection for an infection. Those who have had infections with Chagas Disease, Babesiosis or Leishmaniasis are not eligible to donate.

*See: Antibiotics, Hepatitis, HIV, Syphilis/Gonorrhea, and Tuberculosis.*

27. **Organ/Tissue Transplants:** Wait 12 months after receiving any type of organ transplant from another person. If you ever received a dura mater (brain covering) transplant, you are not eligible to donate. This requirement is related to concerns about the brain disease, Creutzfeld-Jacob Disease (CJD).

28. **Piercing (ears, body), Electrolysis:** Acceptable if the instruments used were single-use equipment. Wait 12 months if a piercing was performed using a reusable gun or any reusable instrument. Wait 12 months if there is any question whether the instruments used were single-use equipment. This requirement is related to concerns about hepatitis.

29. **Pregnancy, Nursing:** Persons who are pregnant are not eligible to donate. Wait 6 weeks after giving birth.

30. **Sexually Transmitted Disease:** Wait 12 months after treatment for syphilis or gonorrhea.



Acceptable if it has been more than 12 months since you completed treatment for syphilis or gonorrhea.

Chlamydia, venereal warts (human papilloma virus), or genital herpes are not a cause for deferral if you are feeling healthy and well and meet all other eligibility requirements.

31. **Sickle Cell:** Acceptable if you have sickle cell trait. Those with sickle cell disease are not eligible to donate.
32. **Skin Disease, Rash, Acne:** Acceptable as long as the skin over the vein to be used to collect blood is not affected. If the skin disease has become infected, wait until the infection has cleared before donating. Taking antibiotics to control acne does not disqualify you from donating.
33. **Surgery:** It is not necessarily surgery but the underlying condition that precipitated the surgery that requires evaluation before donation. Evaluation is on a case by case basis. You should discuss your situation with the health historian at the time of donation.
34. **Syphilis/Gonorrhea** Wait 12 months after being treated for syphilis or gonorrhea.
35. **Tattoo:** Wait 12 months after a tattoo if the tattoo was applied in a state that does not regulate tattoo facilities.
36. **Tuberculosis:** If you have active tuberculosis or are being treated for active tuberculosis you should not donate. Acceptable if you have a positive skin test or blood test, but no active tuberculosis and are NOT taking antibiotics. If you are receiving antibiotics for a positive TB skin test or blood test only or if you are being treated for a tuberculosis infection, wait until treatment is successfully completed before donating.



# How to donate

The donation process from the time you arrive until the time you leave takes about an hour. The donation itself is only about 8-10 minutes on average.

- **Registration**

- We'll sign you in and go over basic eligibility.
- You'll be asked to show ID, such as your driver's license
- **Proof of Age**
  - Donors must have proof of age to ensure they meet the minimum age requirements and present either a primary form of ID or two secondary forms of ID.
  - **Primary Form of Identification:** The donor needs either an American Red Cross donor ID (preferred) or an acceptable primary picture ID such as:
    - Driver's license
    - Immigration and Naturalization Service card (green card)
    - State Identity card
    - Employee Identity card
    - Passport
    - Student Identity card
    - Military Identity card
  - **Secondary Form of Identification:** When a primary form of ID is not available, the donor needs two secondary forms of ID such as
    - Student Identity card (without a photo)
    - Driver's license without a photo
    - Credit card or bank card
    - Employee ID (without a photo)
    - Birth certificate (original or certified copy)
    - Personal checkbook with name and address
    - Social Security card
    - Voter registration card
    - Payroll stub
    - Vehicle registration
    - Fishing or hunting license
    - Grocery store frequent shopper card or VIP card



- Club or museum membership card
- Library card with donor's name
- Professional license (such as: RN, LPN or MT)
- Selective Service card
- Insurance card

- You'll read some information about donating blood.

- **Health History**

You'll answer a few questions about your health history and places you've traveled, during a private and confidential interview.

You'll tell us about any prescription and/or over the counter medications that may be in your system. We'll check your temperature, pulse, blood pressure and hemoglobin level.

- **Your Donation**

If you're donating whole blood, we'll cleanse an area on your arm and insert a brand new sterile needle for the blood draw. (This feels like a quick pinch and is over in seconds.

Other types of donations, such as platelets, are made using an apheresis machine which will be connected to both arms.

A whole blood donation takes about 8-10 minutes, during which you'll be seated comfortably or lying down.

When approximately a pint of whole blood has been collected, the donation is complete, and a staff person will place a bandage on your arm. For platelets, the apheresis machine will collect a small amount of blood, remove the platelets, and return the rest of the blood through your other arm; this cycle will be repeated several times over about 2 hours.

- **Refreshment and Recovery**

After donating, you'll have a snack and something to drink in the refreshment area.

You'll leave after 10-15 minutes and continue your normal routine.

Enjoy the feeling of accomplishment knowing you are helping to save lives.

Take a selfie, or simply share your good deed with friends. It may inspire them to become blood donors.



# WHY YOU SHOULD CONSIDER BEING A BLOOD DONOR

## BLOOD TRANSFUSION IS NEEDED FOR



women with complications of pregnancy



children with severe anemia as a result of malnutrition



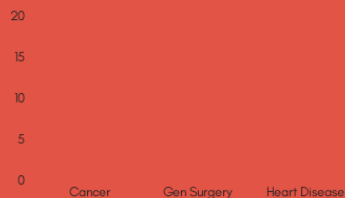
people with severe trauma following disasters



complex medical procedures and cancer patients



Every year our nation requires about 5 Crore units of blood, out of which only a meager 2.5 Crore units of blood are available.



How your blood donation can be used.



Blood donation is an opportunity to contribute to someone else's good health.

## BLOOD DONATION IS A SIMPLE FOUR STEP PROCESS



Registration, where you sign up and go over eligibility.



Mini-physical, where your health is evaluated.



The donation, which only takes about eight to ten minutes.



Refreshments, where you get a snack and drink afterwards.



Safe blood saves lives and improves health. It is the most precious gift that anyone can give to another person: the gift of life.

SIGN UP TO BE A BLOOD DONOR TODAY!





## Benefits of blood donation

- Health benefits of donating blood include good health and a reduced risk of cancer and hemochromatosis. It helps in reducing the risk of damage to liver and pancreas. Donating blood may help in improving cardiovascular health and reducing obesity as well.
- Every day blood transfusions take place and save lives of many people all over the world.
- Donating blood is good for the health of donors as well as those who need it.
- Donating blood can help in treating patients suffering from cancer, bleeding disorders, chronic anemia associated with cancer, sickle cell anemia, and other hereditary blood abnormalities.
- It is important to know that human blood cannot be manufactured, people are the only source of it and that is why it is important to donate blood and help those who need it. It is also possible to store your own blood for your future needs.
- **Health Benefits of Donating Blood**

Blood donation not only makes the receiver's life good but also helps the donor to maintain good health. The benefits are mentioned below.

  - **Prevents Hemochromatosis**

Health benefits of blood donation include reduced risk of hemochromatosis. Hemochromatosis is a health condition that arises due to excess absorption of iron by the body. This may be inherited or may be caused due to alcoholism, anemia or other disorders. Regular blood donation may help in reducing iron overload. Make sure that the donor meets the standard blood donation eligibility criteria.
  - **Anti-cancer benefits**

Blood donation helps in lowering the risk of cancer. By donating blood, the iron stores in the body are maintained at healthy levels. A reduction in the iron level in the body is linked with low cancer risk.
  - **Maintains healthy heart & liver**

Blood donation is beneficial in reducing the risk of heart and liver ailments caused by the iron overload in the body. Intake of iron-rich diet may increase the iron levels in the body, and since only limited proportions can be absorbed, excess iron gets stored in heart, liver, and pancreas. This, in turn, increases the risk of cirrhosis, liver failure, damage to the pancreas, and heart abnormalities like irregular heart rhythms. Blood donation helps in maintaining the iron levels and reduces the risk of various health ailments.
  - **Weight loss** regular blood donation reduces the weight of the donors. This is helpful for those who are obese and are at a higher risk of cardiovascular diseases and other health disorders. However, blood donation should not be very frequent, and you may consult your doctor before donating blood to avoid any health issues.
  - **Stimulates blood cell production**

After donating blood, the body works to replenish the blood loss. This stimulates the production of new blood cells and, in turn, helps in maintaining good health.



# Myths blood donation

Myth 1. *A person feels weak or low after donating blood*

This isn't the fact. It takes a day or two to replenish the fluid volume in the body and three months for the regeneration of red cells to donate more blood.

Myth 2. *A full day rest is required after donating blood.*

A person can easily get back to his or her daily chores after donating blood, but he/she needs to drink at least 10-12 glasses of water including juices within 24 hours following blood donation, avoid sun exposure, avoid driving for the next 2-3 hours, avoid smoking for next 4 hours, avoid alcohol for next 24 hours.

Myth 3. *Blood donation is very painful process.*

One only feels a slight pinching sensation while the needle pricks the arms. No major pain is caused.

Myth 4. *Donating blood frequently will makes a person's body weak.*

A healthy person can donate blood four times a year. Also there should be minimum 3 months' gap between each blood donation.

Myth 5. *A person cannot donate blood, if he/she smoke regularly?*

They can, but they have to abstain from smoking one hour before and after donation.

Myth 6. *Regular blood donation may lead to obesity*

Donating blood does not affect body weight in anyway.



# FAQs

## 1 Who can donate?

- a. Any donor, who is healthy, fit and not suffering from any transmittable diseases can donate blood
- b. Donor must be 18-60 years age and having a minimum weight of 50Kg can donate blood. A donor can again donate blood after 3 months of your last donation of blood.
- c. Donor's Hemoglobin level is 12.5% minimum.
- d. BP Diastolic 50 to 100 mm Hg and Systolic 100 to 180 mm Hg.
- e. Body temperature should be normal and oral temperature should not exceed 37.5 degree Celsius.

## 2 Who cannot donate blood?

- a. Donors should not suffer from Cardiac arrest, hypertension, kidney alignments, epilepsy or diabetics.
- b. Ladies with a bad miscarriage should avoid donating blood for the next 6 months.
- c. If donor already donated blood or have been treated for malaria within the last three months.
- d. If donor undergone any immunization within the past one month.
- e. If donor consumed alcohol within the last 24 hours
- f. If you are HIV+
- g. If donor had a dental work for next 24 hours and wait for one month if donor had a major dental procedure.

## 3 How often can I donate blood?

You must wait at least eight weeks (56 days) between donations of whole blood and 16 weeks (112 days) between Power Red donations. Platelet apheresis donors may give every 7 days up to 24 times per year.

## 4 Can you give blood if on medication?

Most medications do not prevent you from donating blood. Common medications such as those used to control blood pressure, birth control pills and over-the-counter medications do not affect your eligibility. If you have recently taken antibiotics, you must have completed the course prior to donating.

## 5 Can you donate blood after smoking cigarettes?

Please avoid smoking on the day before donating. You can smoke 3 hours after donation. You will not be eligible to donate blood if you have consumed alcohol 48 hours before donation. You will not feel drained or tired if you continue to drink fluids and have a good meal.

## 6 How many pints of blood can you give?



The average adult has about 10 pints of blood in his body. Roughly 1 pint is given during a donation. A healthy donor may donate red blood cells every 56 days or Power Red every 112 days. A healthy donor may donate platelets as few as 7 days apart, but a maximum of 24 times a year.

7 What should I do before I donate?

Before donating, you should eat a good meal and drink plenty of fluids.

8 What to do after donating blood?

To help you stay well after you have given blood, we advise you to:

- a. Keep the pressure dressing on your arm for about 30 minutes after you have given blood, and the plaster on for 6 hours. Rest for a short time after giving blood
- b. Eat and drink – you will be encouraged to have at least 2 drinks and a snack before you leave
- c. Avoid using the donation arm to carry anything very heavy for the rest of the day
- d. Avoid having a hot bath after you have given blood.

9 Can I donate if I have a cold, flu or fever?

You must be symptom-free from cold, flu or fever on the day of donation.

10 Can I donate if I have recently had a vaccination?

Donation is acceptable following most vaccinations as long as you are feeling well. Donors vaccinated for chickenpox, measles, mumps, rubella and smallpox or who have received the oral polio vaccine must wait two to four weeks after vaccination.

11 Where can I donate?

You can donate at any of our registered blood banks and hospitals or at any blood camp being organized by us. You can also opt to be notified in case of donation requirement near your location and we will contact you.

12 What if I have a question not answered here?

Please use the helpline number and get in touch with our representatives who will be happy to assist you.



# Information

1. Human blood cannot be made in laboratories, so access to safe blood can only be ensured by regular blood donation.
2. Your body would restore blood volume immediately. Red blood cells are replaced within 3-4 weeks.
3. Regular blood donation decreases blood pressure in hypertensive patients and reduces further complications of stroke and other related diseases. (Sundrela Kamhieh-Milz 2015)
4. Women who are pregnant, breastfeeding or who have their menstrual periods are not allowed to donate blood and must defer donation.
5. You cannot be allowed to donate if you have taken alcohol in last 24 hours, antibiotics in last 2 days or aspirin in last 3 days.
6. Blood can be donated as whole blood or one of its components can be donated (ex platelets, Red blood cells).
7. A study published in Journal of Cancer Epidemiology suggested that regular blood donation reduces the risk of various cancers significantly. (Farnaz Vahidnia Volume 2013 (2013), Article ID 814842,).
8. If you are an IV drug user or have donated blood in last 8 weeks, you are not eligible for blood donation.
9. Blood donation helps in weight loss and reducing blood cholesterol levels.
10. There are positive psychological benefits of blood donation. Donors generally have feelings of satisfaction, greater alertness and increased well-being after donation. (Nilsson Sojka B 2003 Feb;84(2):120-8.)
11. As per the Government of India rules, maximum number of units which can be collected in a single donation camp is limited to 500.
12. Blood Donation can only be voluntary. Govt. of India has banned professional blood donation (donating for money) from Dec. 1997.

## **Permanent Deferral Criteria for blood donation**

1. Cancer
2. Heart disease
3. Abnormal bleeding tendencies
4. Unexplained weight loss
5. Diabetes-controlled on insulin
6. Hepatitis infection
7. Chronic nephritis



### Temporary Deferral Criteria for blood donation

CONDITIONS (1)	PERIOD OF DEFERMENT (2)
(a) Abortions	6 months
(b) History of Blood transfusion	6 months
(c) Surgery	12 months
(d) Typhoid	12 months
(e) History of malaria and duly treated	3 months (endemic) 3 years (non-endemic area)
(f) Tattoo	6 months
(g) Breast feeding	12 months after recovery
(h) Immunization (Cholera Typhoid, Diphtheria, Tetanus, Plague, Gamma globulin	15 days
(I) Rabies vaccination	1 year after vaccination
(j) History of Hepatitis in family or close contact	12 months
(k) Immunoglobulin	12 months

### Post-donation instructions

1. Drink more fluids than usual in next 4 hours.
2. Do not remain hungry.
3. Do not smoke for half an hour
4. Do not take alcoholic drinks for at least 6 hours.
5. If there is feeling of faintness or dizziness, either lie down or sit with head between knees



# Content Development

## Sources referred:

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