



# REDFLOW

Blood cannot be artificially produced, only one human being can save another human being. But sadly, every year a large number

of people die due to lack of required blood at the time of emergency. At present Bangladesh needs only 9 lakh bags of blood every year.

But in this populous country, people still die from a lack of blood. It will be possible to meet

this need for blood very quickly if adults from all parts of our country can be made aware of the necessity and benefits of blood donation.

## **Why donate blood?**

1. First and foremost, your donated blood will save a life. What can be a bigger reason for blood donation!
2. Maybe one day someone else will come forward at your own need/danger.
3. Regular blood donation reduces the risk of heart disease and heart attack.
4. Through regular voluntary blood donation, it is free of cost to know if there is any major disease in one's body. For example: Hepatitis-B, Hepatitis-C, Syphilis, HIV (AIDS) etc.
5. The immune system of the body increases many times.
6. Donating blood is a religious act of great merit or reward. In Surah Al-Maida verse 32 of the Holy Quran, "Saving the life of one person is as great as saving the life of the entire human race."
7. You can realize a kind of self-satisfaction in yourself. I'm sure you'll get that feeling of "having done something in our small life" :)

## **who can donate blood?**

- 1) Any healthy person from 18 years to 60 years can donate blood.

- 2) Physically and mentally healthy person can donate blood
- 3) Your weight must be 50 kg or more.
- 4) Intravenous blood can be donated every four (4) months.
- 5) Blood hemoglobin content, blood pressure and body temperature should be normal.
- 6) Those who have respiratory diseases like asthma, asthma cannot donate blood.
- 7) In the absence of complicated blood-borne diseases such as malaria, syphilis, gonorrhea, hepatitis, AIDS, skin diseases, heart disease, diabetes, typhoid, and rheumatic fever.
- 8) You should be free from skin diseases.
- 9) In women who are not pregnant and not menstruating.
- 10) You must be free from Hepatitis-B, Hepatitis-C, AIDS, Cancer, Tuberculosis, Schizophrenia and Malaria. However, there are some diseases in which patients can donate blood after a certain period of time. For example, typhoid patients can donate blood after 12 months, malaria patients after 3 months.
- 11) If you do not use any special medicine. For example, antibiotics.

#### **Some misconceptions**

1. There is no pain at all while donating blood. A little discomfort is felt when the needle is inserted.
2. Health will deteriorate after donating blood - this is a misconception. Donating blood reduces the risk of heart disease and prevents excessive iron or iron storage in the body.
3. A person with diabetes cannot donate blood - this is also a misconception. If deemed eligible, a person with diabetes can donate blood as long as the person's blood glucose level is within acceptable limits.
4. Donating blood is not possible due to high blood pressure - this is also a misconception. Blood can be given if the blood pressure is between 180 systolic and 100 diastolic at the time of blood donation.
5. You will not feel sick or faint after donating blood. Many people have misconceptions about this.

**If there are two blood donors ready...**

**The life of the pregnant mother will be assured...**

You know that a pregnant mother may need blood 9 months before the delivery date... So, find 2 blood donors in advance if you think...

Ask friends and known blood donors to always be ready so that they can be the first to come forward in case of any physical complications for the pregnant woman...