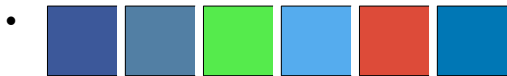


Blood Donation Eligibility

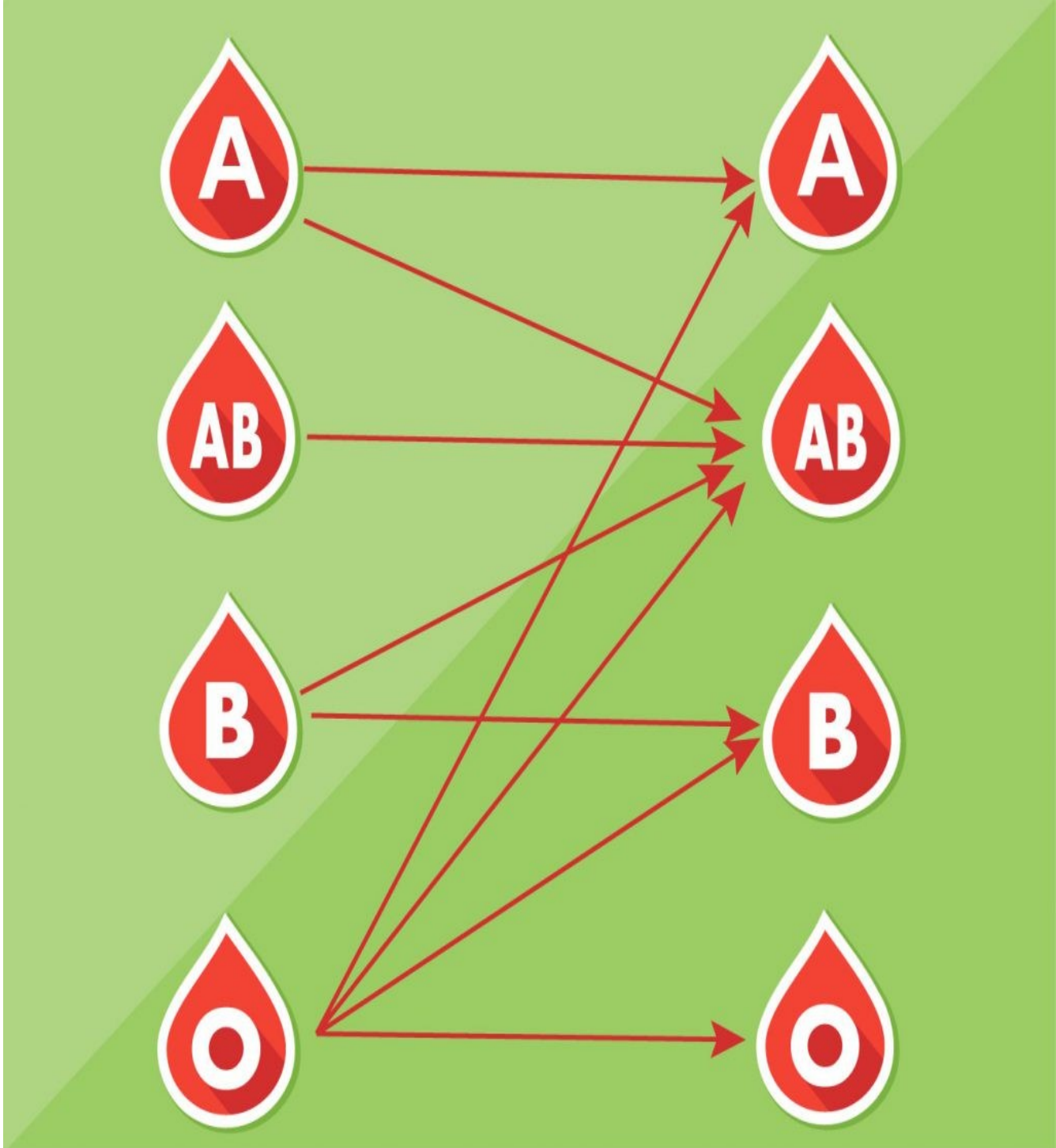
Share with someone you care



Blood donation is a wonderful way of giving back a life, but to ensure the safety of both donors and recipients there are few requirements you should keep in mind.

Know Your Blood Group : –

The first step is to know your blood group and to which blood group your blood matches for donation. See the blood donation chart below



1. Blood O can donate red blood cell to anybody its the **Universal Blood Donor**.
2. Blood group AB can recieve red blood cell from anybody its the **Universal Recipient**.
3. Blood A and give blood to A's and AB's only
4. Blood B can give blood to B's and Ab's only

In addition to the A and B antigens, There is a third antigen called the Rh factor, which can be either present (+) or absent (–). In general, Rh-negative blood is given to Rh-negative patients, and Rh positive blood or Rh negative blood may be given to Rh positive patients.

A healthy person:-

- You should be healthy, fit and not be suffering from any transmittable diseases can donate blood.
- You must be 18 -60 years old and have a minimum weight of 50Kg can donate blood.

Check when did you last time donated blood or suffered from any serious diseases:-

You should not already be donated blood or have been treated for malaria within the last three months.

Maintain your blood donation eligibility:-

- Don't consume Alcohol or caffeine beverages before donating blood.
- Have a healthy meal before your donation – avoid foods with high fat just before donation.
- Maintain Hemoglobin level 12.5% minimum.

To be careful:-

You should not be suffering from Cardiac arrest, hypertension, kidney alignments, epilepsy or diabetics. if so you must consult the doctor before donating the blood.

Ladies with a bad miscarriage should avoid donating blood for the next 6 months, or if you have been involved in some serious accident.

Thinking to be an active blood donor?