



Donate Blood, Save Lives!



Become a Life Saver!

Frequently Asked Questions (FAQs) on Blood and Plasma Donation

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What is Blood Donation and when to do?

- Blood Donation can be done by both males and females
- Males can do it at gap of 3 months and females in 4 months
- Blood Donation can be done 3-4 times in a Year

What are the benefits of Blood Donation?

- Reduces Iron Overload
- Prevents Cancer
- Maintains Healthy heart and Liver
- Stimulates Weight Loss
- Increases Cell production
- **Most Importantly – Saves a life!**

Who can donate Blood?

- If you are in between 18 to 65 years of age
- Acceptable weight: 45 kgs and above
- Good level of general health, no anemia and blood pressure
- No critical illness in the past
- No chronic disease and risk of HIV AIDS
- No tattoos or body piercings in the past 12 months

General Guidelines before Blood Donation:

- Drink plenty of water and keep yourself hydrated
- Eat a good healthy meal
- Avoid Blood Donation if you are not feeling well
- Avoid drinking and smoking 48 hours before Blood Donation
- Females should not donate blood if under monthly cycle
- Do not donate blood if under medication

How can I donate blood? What's the process?

- Get in touch with us via Facebook, Twitter, WhatsApp, SMS or Call – we shall guide you to the nearest Camp or Centre for a smooth, easy and *super-hero* experience.

Whom to contact?

- Call/SMS/WhatsApp us on: 9835127273, 8877080001, 9507174736.
- https://twitter.com/LifeSavers_Rnc



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COVID Related Guidelines for Blood Donation:

- Do not donate blood if experienced COVID symptoms in last 14 days
- Tested positive and 14 days have not passed
- After testing negative, go for Antibody Titer Test, be eligible and do plasma donation

Who can donate Plasma?

Anyone who fulfil the normal blood donation criteria along with:

- Have recovered from COVID at least 14 days back and currently he/she is COVID negative
- Have Antibody IgG titer more than 4
- Haven't been vaccinated within 28 days
- One can re-donate plasma at an interval of 14 days
- Acceptable weight: 55 kgs and above

What is the importance of Donating Plasma, after healing from COVID?

- Plasma can be donated 14 days after one has tested negative for COVID
- After healing from COVID infection, your body develops antibody for the virus
- Through Plasma Donation this antibody can be transfused in another infected person's body and accelerate their immunity process.

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