

MAHADAN 8.

INTERNATIONAL BLOOD DONATION EVENT

13th to 19th March 2023

"Together Let's Donate.. in Mahadan 8"

**With the support of all R.I. Districts
Lead by R.I. Distt. 3120**



General Guidelines for Voluntary Blood Donors

- Only persons between 18 to 65 years of age are allowed to donate blood
- Ensure your weight and haemoglobin is above permissible limit for donating blood
- Share your medical history with Blood Bank staff to check your eligibility for donation
- Share details of any medications which you have been taking with Blood Bank staff
- Take a good sleep the night before the blood donation
- Take a balanced diet and have lots of fluids (water, fruit juices, etc.) before and after blood donation
- Do not consume alcohol at least 24 hours before and 48 hours after blood donation
- Disclose to blood bank staff about any discomfort during and after the blood donation
- Avoid vigorous activity and lifting weights after blood donation for rest of the day
- Share your good deed with others to inspire them to donate blood

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Email: teammahadan@gmail.com
Call or WhatsApp: +91 8120330077