

# DONATE BLOOD

## SAVE A LIFE



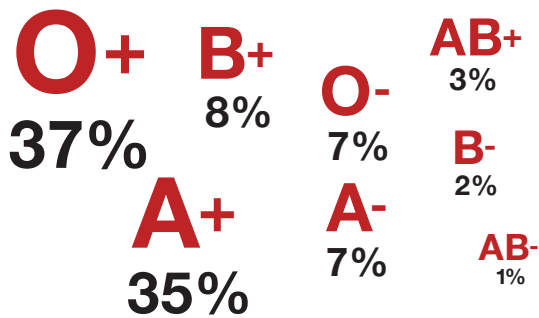
It takes approximately  
7-10 minutes to donate  
450ml of blood

An adult body contains

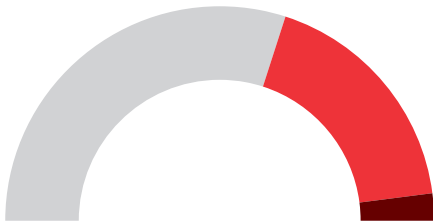
# 4.5 - 5.4

litres of blood

Most to least common blood types



Blood donation depends almost entirely on  
voluntary unpaid donors.



40% of the population is eligible to donate blood.  
**Less than 4% do.**

1 out of every 4 people entering a  
hospital needs blood



Large quantities of blood are required to  
support complex surgical procedures

**45 litres**

Car Accident

**18 litres**

Organ Transplant

Blood is made up of four separate  
components, with each performing  
a different function



**Red Blood Cells**

carry oxygen around the body  
and remove carbon dioxide.



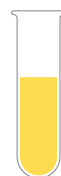
**White Blood Cells**

help the body fight infection.



**Platelets**

tiny cells that trigger the  
process that causes the blood  
to clot (thicken).



**Plasma**

yellow fluid that transports blood  
cells and platelets around the  
body and contains a number of  
substances, including proteins.

Sources:

(1) Dubai Health Authority ([www.dha.gov.ae](http://www.dha.gov.ae))  
(2) NHS UK ([www.blood.co.uk](http://www.blood.co.uk), [www.nhs.uk](http://www.nhs.uk))

(3) WHO ([www.who.int](http://www.who.int))  
(4) American Red Cross ([www.redcrossblood.org](http://www.redcrossblood.org),  
based on U.S. population)

Disclaimer: This document is for information purpose only and is neither  
medical advice nor meant to substitute you consulting your doctor.

# ARE YOU READY TO SAVE A LIFE?



You can donate  
blood once  
every 3 months.

To be able to  
donate blood,  
you should

- weigh at least 50kg/110lb
- be in good health
- be at least 17 years of age

## ! You are not eligible to donate blood, if you:

- Are sick (cold, flu, sore throat or diarrhea).
- Have taken antibiotics within the last five days.
- Have had dental work within the last three days.
- Are anaemic (Iron Deficiency Anaemia).
- Are pregnant.
- Have had any ear/body piercings, or a tattoo, within the last year.
- Other criteria like hemoglobin, travel history are assessed at the time of the donation through a donor medical history questionnaire.

## Before donating blood:



Drink plenty of fluids



Have a good sleep



Eat a good meal  
(within 4 hours of the donation)



Avoid smoking and  
drinking alcohol

## Post donation, it is recommended that you:

- Leave the bandage on for a minimum of 4 hours.
- Increase your fluid intake for the next 24 to 48 hours.
- Avoid strenuous physical exertion, heavy lifting or pulling with the donation arm for about 24 hours.
- Eat well balanced meals for the next 24 hours.
- If some bleeding occurs after removal of the bandage apply pressure to the site and raise your arm for three to five minutes.

## You can donate blood at any of the below centers

Emirate	Hospital Name	Telephone Number
Dubai	Latifa (Al Wasl) Hospital	04 219 3000 / 04 219 3221
	Al Bahara Hospital	04 707 8604
Abu Dhabi	Abu Dhabi Blood Bank Center	02 819 1700
	Zayed Military Hospital	02 405 5490
Sharjah	Sharjah Blood Transfusion and Research Center	06 558 2111
Ras Al Khaimah	Saqar Hospital	07 202 3167
Ajman	Khalifa Hospital	06 743 9333
Fujairah	Fujairah Hospital	09 202 0516
Umm Al Quwain	Umm Al Quwain Hospital	06 706 0343

\*The above list of hospitals is not comprehensive and the numbers are subject to change