

World Blood Donor Day



Celebrated on the 14th of June each year, World Blood Donor Day raises public awareness about the need for safe blood and blood products, as well as thanking unpaid voluntary blood donors for their life-saving contributions.

The 2022 World Blood Donor Day slogan will be **"Donating blood is an act of solidarity - join the effort to save lives"** to draw attention to the valuable role that voluntary blood donations play in saving lives and enhancing community solidarity.

Objectives of this year's campaign

Safe blood and blood products, and their transfusions, are critical aspects of care and public health. They save millions of lives per year and improve the health and quality of life of many patients, every day.

The campaign's specific objectives are:

- To thank all blood donors around the world and create awareness of the importance of regular, unpaid blood donation.
- To maintain adequate supplies of blood and provide universal and timely access to safe transfusions, we need to promote year-round, committed blood donation.
- To enhance community solidarity and social cohesion through voluntary unpaid blood donation.
- To promote government investment to build a sustainable and resilient national blood system and increase voluntary non-reimbursed blood donation.

What is blood donation?

Blood donation is a voluntary procedure that can help save the lives of others. There are several types of blood donation. Each type helps meet different medical needs.



Types of donation are:

• Whole blood donation:

This is the most common type of blood donation, during which the donor donates about a half-litre of whole blood. The blood is then separated into its components, red cells, plasma, and sometimes, platelets.



Whole Blood Donation

• Apheresis:



Plasma

Plasma: Plasma is the liquid portion of the blood that transports water and nutrients to the body's tissues. Donations can last up to 1 year and are used to help burn victims and those with bleeding disorders. It can be donated every 28 days.



Platelet

Platelet: Platelets are small cell fragments in the blood that helps stop or prevent bleeding. They are made in the bone marrow and its shelf life is only 5 days. They are used for surgeries, transplants and to help cancer patients get through chemo. They can be donated every 7 days.



Automated red cells

Automated red cells: Automated red cell donation is when only red cells are collected, not the other blood components. The donation lasts up to 42 days. Red cells are used for trauma, surgery, anemia, blood loss and other disorders. They can be donated every 112 days.

Who is eligible to donate blood?

Eligible:

- Aged between 18 and 65.
- Weighing at least 50 kg. *In some countries, donors of whole blood donations should weigh at least 45 kg to donate 350 ml.
- Any healthy person can donate blood after the required gap of 56 days.
- You must be in good health at the time you donate.
- Able to pass the physical and health-history assessments

Not Eligible:

- A person has ever had a positive test for HIV (AIDS virus).
- Pregnant or breastfeeding mother.
- If you have a cold, flu, sore throat, stomach bug, or any other infection.
- Any person who has ever injected recreational drugs.



The benefits of donating blood

- Giving blood can reduce harmful iron stores
- Lower the risk of heart attacks
- Reduce the risk of developing cancers
- Help the liver stay healthy



What should the blood donor do before and after donation?



Before blood donation:

- Get plenty of sleep the night before you plan to donate.
- Eat a healthy meal. Avoid fatty foods, such as hamburgers, fries, or ice cream.
- Drink plenty of water.
- Check to see if any medications you are taking or recently took would prevent you from donating.
For example, if you are a platelet donor, you must not take aspirin for two days before donating.

After blood donation:

- Drink extra fluids.
- Avoid strenuous physical activity or heavy lifting for about five hours.
- If you feel lightheaded, lie down with your feet up until the feeling passes.
- Keep your bandage on and keep it dry for the next five hours.
- If you have bleeding after removing the bandage, put pressure on the site and raise your arm until the bleeding stops.
- If bruising occurs, apply a cold pack to the area periodically during the first 24 hours.
- Consider adding iron-rich foods to your diet to replace the iron lost with blood donation.