

**Blood is the common bond
between human beings.
It is beyond caste, creed, race,
religion or nationality.**

Blood for humans comes only from humans



**Imagine what will happen
if you or someone dear to you
need blood & your
blood bank is out of stock!
See that your nearest blood bank
does not run out of stock
by donating blood regularly.
Remember to spread this message
to more and more people.**

<http://www.donate-blood.org>

Donate **Blood** Every **3** Months

Many people feel that having donated their blood once, they have fulfilled their social obligation.

This is **WRONG**.

You can donate blood every three months.

Make it a habit to donate blood at least once every year.

Email : om@donate-blood.org

Do **Not** hesitate

**Fear is the main cause of
hesitation for blood donation.**

This fear is almost universal.

**The best way to
overcome this fear is
by blood donation!**

**The experience itself
will teach you that
the fear was baseless.**

**Let the children in your family
grow without this fear.**

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Your body will make up for the 'loss' of blood during donation in three stages:

- 1. Re-adjustment of circulating blood volume is done during the first few hours of blood donation.**
- 2. Release from 'reserved pool of blood' in our body takes place during the first couple of days.**
- 3. Full restoration of all elements of your blood donation is completed in less than three months.**

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**Blood is continuously
regenerated in our bodies.**

**All blood cells are
generated each day.**

**Red cells, for example,
survive for about 4 months
and then die.**

**The machinery for
regeneration of blood is
stimulated after blood donation.
Keeping this machinery on the
"ALERT" is the biggest benefit
of blood donation for the donor.**

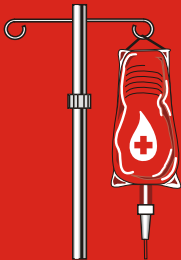
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Only **350/450** ml.

Your body has about 70 ml of blood for every kg. of your weight. Only about 350 to 450 ml out of this total quantity is taken as a donation.

Persons suffering from diseases of heart, lungs, kidneys, liver or cancer should not donate their blood.

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**You can donate blood
if you are healthy &
above the age of 18 years.
You must weigh at least
45 kilograms
to be a blood donor.**

<http://www.donate-blood.org>



The World Health Organization estimates that, on an average, each person will require 1 unit of blood for every fifty years of his/her existence.

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Be a **Blood** Donor

Every year
100,000,000 blood bags
are needed for transfusion
across the world.

All modern blood banks use
'disposable' blood collection sets.
It is foolish to believe
the myth that
blood donation will cause
diseases like AIDS.

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