World Blood Donor Day
Celebrating the Gift of Blood 14 JUNE 2006
Every second of every day, someone in the world needs a blood transfusion to survive. World Blood Donor Day is celebrated annually on 14 June as a global celebration of the Gift of Blood given by voluntary, unpaid donors to save the lives of those in need. The day aims to raise awareness of the need for safe blood, to thank and honour those who donate blood and to encourage current and potential donors to donate regularly on a voluntary unpaid basis.

Unanimous global support
At the World Health Assembly in May 2005, health ministers from around the world made a unanimous declaration of support for voluntary unpaid blood donation. They passed resolution WHA58.13 designating World Blood Donor Day as an annual event to be held on 14 June. This date was chosen to honour Nobel Prize winner Dr Karl Landsteiner, who developed the system of classifying blood groups and who was born on 14 June 1868.

World Blood Donor Day celebrations are sponsored by four international organizations working for the promotion of voluntary unpaid blood donation and the provision of safe blood: the World Health Organization (WHO), the International Federation of Red Cross and Red Crescent Societies, the International Federation of Blood Donor Organizations and the International Society of Blood Transfusion. Between them, they represent 192 WHO Member States, 181 national Red Cross and Red Crescent Societies, 50 national voluntary blood donor organizations and thousands of blood transfusion specialists throughout the world.

2006: Focus on commitment
Building on the success of the first two World Blood Donor Days in 2004 and 2005, which focused on individual blood donors, the focus of World Blood Donor Day 2006 is commitment:

- Commitment from healthy individuals to become regular voluntary unpaid blood donors;
- Commitment from existing voluntary unpaid donors to continue to donate regularly.

The need for commitment extends beyond blood donors to all partners working towards universal access to safe blood.

Commitment is needed from both governments and blood transfusion services to promote voluntary unpaid blood donation and phase out paid donation and family replacement donation (when people are asked to donate blood if it is needed for a relative or friend); patients who receive blood from voluntary unpaid blood donors have been shown to have the lowest risk of acquiring infections such as HIV, hepatitis B, hepatitis C or Chagas disease through transfusion.

Commitment is also needed from blood transfusion services and partner organizations to provide the highest standards of care at every stage of the transfusion process—from the collection of blood from the donor to its transfusion to the patient—in order to maintain donor loyalty and willingness to donate blood regularly.

Strength in numbers
Each year, in a wave of global solidarity, organizations and community groups around the world hold a rich variety of events on and around World Blood Donor Day to complement their ongoing activities. As groups active in voluntary blood donation often join forces on the Day to make their messages reach far and wide to achieve maximum impact, these events are often a catalyst for long-term collaboration and communication with communities and potential blood donors. It is expected that World Blood Donor Day 2006 will set a new record for participating countries and organizations.

A global event is also held on 14 June each year to provide a focus for an international media campaign on World Blood Donor Day; the 2006 event will be held in Bangkok, hosted by the Thai Red Cross Society National Blood Center. More details of this event, together with information about planned national events, will be posted on the World Blood Donor Day website (http://www.wbddd.org) and WHO’s World Blood Donor Day web page (http://www.who.int/worldblooddonorday).

For more information
For more information on World Blood Donor Day and resources including downloadable logos, translated slogans, and all of the material included in this campaign kit, please visit the World Blood Donor Day website and WHO’s World Blood Donor Day web page.
Announcement

An announcement of World Blood Donor Day 2006 and its objectives has been sent by the four sponsoring organizations to ministers of health, blood transfusion services, national Red Cross and Red Crescent Societies, national blood donor organizations, United Nations agencies and nongovernmental organizations, seeking their active support for national activities on 14 June 2006 and throughout the year.

The letter can be viewed on the World Blood Donor Day website and WHO's World Blood Donor Day web page (addresses below).

Request for World Blood Donor Day web listing

The World Blood Donor Day website and WHO's World Blood Donor Day web page will be updated regularly up to and beyond 14 June 2006, and will include information about blood safety, planned events for World Blood Donor Day 2006 and links to other websites, as well as useful downloads including the contents of the campaign kit and press materials.

If your organization wishes to share information about the events you are planning or to share a slogan or donor education materials, please use the “Request for World Blood Donor Day web listing” included in this campaign kit or submit online on WHO's World Blood Donor Day web page.

Logo and strapline

The World Blood Donor Day 2006 logo and the strapline “Celebrating the Gift of Blood” will be available in electronic format on the websites of the sponsoring organizations. These may be freely used in materials such as leaflets, posters, stickers, pins, badges, T-shirts and other promotional items.

Press materials

An announcement will be sent electronically to international and national media in advance of World Blood Donor Day informing them about the forthcoming event on 14 June and providing background information on key blood transfusion issues. All media will be encouraged to cover these issues not only on the day itself but throughout the year and national media will also be encouraged to cover World Blood Donor Day events in their countries.

Global event

The global World Blood Donor Day event will be held on 14 June 2006 in Bangkok, Thailand, hosted by the Thai Red Cross National Blood Center. Regional, national and local events will also be held in other parts of the world. Details of events will be published on the World Blood Donor Day website and WHO's World Blood Donor Day web page.

http://www.wbdd.org
http://www.who.int/worldblooddonorday

Resources
Safe blood saves lives—but, for too many patients around the world whose survival depends on blood transfusion, blood transfusion is either not available or not safe.

Every second of every day, people around the world—of all ages and from all walks of life—need blood transfusions to survive. The reasons for transfusion vary but the demand for blood is ever-present and growing:

• The number of accidents and injuries requiring blood transfusion is growing worldwide.
• Developing countries face chronic shortages of blood which particularly affect children with severe anaemia due to malaria or malnutrition and women with complications of pregnancy or childbirth.
• As developing countries expand diagnostic and treatment options—for example, for cancers and blood disorders requiring transfusion—the demand for blood is rising.
• Technological advances in industrialized countries have led to new medical treatment regimens and procedures requiring transfusion.

The need for universal access...

While the need for blood is universal, access to blood for those who need it is sadly not. There is a major imbalance in access to safe blood between developing and industrialized countries:

• Only about 40% of the blood collected each year is donated in developing countries, which are home to over 80% of the world’s population.
• The average number of blood donations per 1 000 population is 12 times higher in high-income countries than in low-income countries.
• An overwhelming 99% of the 500 000 women who die each year during pregnancy and childbirth live in developing countries, with haemorrhage—which invariably requires blood transfusion—the most common cause of maternal deaths.
• In Africa, approximately 70% of all blood transfusions are given to children with severe anaemia due to malaria, the leading cause of death among children under the age of five.
• The health-related Millennium Development Goals to reduce child mortality, improve maternal health and prevent HIV infection cannot be achieved without equitable and universal access to safe blood.

...to safe blood

Blood transfusion saves lives, but the transfusion of unsafe blood puts lives at risk because HIV, hepatitis B, hepatitis C, syphilis, Chagas disease, malaria and other infections can be transmitted to the recipients through transfusion. Blood that tests positive for any of these infections cannot be transfused and is discarded, resulting in additional financial costs. These issues are of particular concern in countries facing blood shortages.

• Globally, up to 4 million people have been infected with HIV by the transfusion of unsafe blood.
• The prevalence of hepatitis B, hepatitis C and syphilis in donated blood is still unacceptably high in many developing countries; the prevalence of Chagas disease in donated blood is a major problem in some South and Central American countries.
• Many countries lack policies, procedures or resources for ensuring the safety of blood, particularly in parts of Africa, Eastern Europe, Central Asia and South/Southeast Asia which are facing the HIV/AIDS pandemic.
• As some infections, such as HIV, cannot be detected in a person’s blood during the “window period”, laboratory testing of donated blood—no matter how sophisticated—is, alone, not enough to ensure a safe blood supply. The safest blood comes from the safest blood donors.

The key to safe blood: safe donors...

Voluntary unpaid blood donors—people who give blood of their own free will without receiving any form of cash or in-kind payment—are the key to ensuring that safe blood is available to every patient who needs it, wherever they may be.

Evidence from around the world shows that the prevalence of infection with HIV, hepatitis viruses and other transfusion-transmissible infections is invariably lowest among voluntary unpaid donors who give blood for purely altruistic reasons. Voluntary donors are more likely to be honest in answering the questions about their health and lifestyle that help to screen out those at risk of carrying these infections. They are also more likely to lead low-risk lifestyles, benefiting both themselves and the patients who receive their blood. In contrast, the prevalence of infection among family replacement blood donors and paid donors is generally the same as in the general population.
In every country, a reliable supply of safe blood from donors with different blood groups is needed throughout the year. It is therefore crucial that healthy, voluntary unpaid blood donors make a commitment to give blood regularly.

In addition to ensuring an adequate supply of blood at all times, regular voluntary blood donors are the safest donors because they have been educated about how to stay healthy and lead lifestyles that are free from the risk of acquiring serious infections.

Every person involved in donor recruitment should value voluntary unpaid blood donors as the source of a sustainable and safe blood supply. Regardless of the type of national blood programme—whether hospital-based or coordinated at national or regional levels—the common focus should be the recruitment and retention of voluntary unpaid donors. However, a well-organized national blood programme is key to effective communication with donors and good donor care.

Public awareness campaigns and donor education materials should be based on a well-researched assessment of the needs for information by the public and should address common fears or misconceptions that may deter people from donating blood. Healthy family replacement donors should be encouraged to become voluntary unpaid donors. By reminding them of how their loved ones have benefited from the gift of blood, they may recognize how regular voluntary blood donation will benefit other people’s loved ones.

Particular attention should be given to youth donor retention strategies as these form the basis of a stable pool of blood donors for the future.

Professionalism in the handling and care of blood donors by staff will encourage the donor public to become regular blood donors as they will have confidence that the blood donation process is safe and their blood will be used appropriately. This will in turn attract new donors to come forward and donate blood.

An effective blood donor programme involves mobilization at both the grassroots and national levels; support from community leaders is vital in attracting sufficient numbers of low-risk, voluntary, unpaid blood donors.

Broad partnerships can be built with the community through Red Cross and Red Crescent Societies and other nongovernmental organizations and national service organizations, such as Lions Clubs and Rotary Clubs. Schools, colleges and universities are natural partners in reaching young people and encouraging them to commit to becoming regular blood donors. Involving the private sector brings access to customers, staff and the families of staff members. Partnerships with community-based organizations will not only bring the message about voluntary blood donation to new audiences but also provide increased opportunities for blood donation sessions in the community at mobile and static sites.

Doctors and nurses are also key partners who can motivate the families and friends of patients who have received a transfusion to become regular voluntary blood donors. Professional organizations, such as national medical and nursing associations, can also play an important role in promoting awareness of the need for blood donors as well as encouraging the use of transfusion only when no alternative treatment is possible.
Young people, who tend to be healthy, idealistic and motivated, are an excellent pool of potential voluntary unpaid blood donors. Recruiting and retaining youth donors not only improves the long-term safety and sufficiency of a country’s blood supply, but can also reduce the prevalence of HIV/AIDS by promoting safe lifestyles among young people.

The “Club 25” concept (also known as “Pledge 25 Club” or “Pledge 25”), first launched in Zimbabwe in 1989, has proven to be a remarkably effective and relatively inexpensive way of targeting youth donors. In the original programme, students pledged to donate blood 25 times by the time they reached the age of 25; the commitment now varies depending on the country. For example, Club 25 members in Malawi (aged 16–25) pledge to donate blood at least 25 times in their lifetime; in South Africa, the pledge is to donate 20 times by the age of 25.

Part of the pledge is to maintain a healthy lifestyle in order to provide the safest blood. Club 25 members are also encouraged to educate their peers (and other members of the community) on safe behaviour, thus adding health promotion to their contribution to the community.

The philosophy behind Club 25 is to be open and honest with young people, providing clear guidelines about blood donation criteria and facts about the best HIV/AIDS protection based on the evidence available, and then allowing young people to make their own choices.

This philosophy is working: in Zimbabwe—where about 70% of the blood collected is from students—the HIV infection rates among blood donors fell from 4.45% in 1989 to 0.35% in 2005, when the infection rate in the sexually active population was 21.3%. Strong Club 25 programmes—where youth benefit from up to 10 years of positive reinforcement and education regarding their HIV negative status—have the potential to spawn a generation of HIV negative adults.

Several countries in addition to Malawi, South Africa and Zimbabwe have established a Club 25 or similar youth donor club, including Bangladesh, Botswana, Haiti, India, Indonesia, the Philippines, Singapore, Swaziland, Togo, Uganda and Zambia. Experience has shown that successful youth donor clubs require:

- High-level support;
- Adaptation of the concept as appropriate for each country’s unique situation;
- Careful planning prior to implementation;
- A dedicated budget;
- A dedicated, responsible and committed staff member;
- Support and commitment from youth, who should drive the programme;
- Constant monitoring and evaluation.

While the initial planning and development process for a Club 25 may be more time- and resource-consuming than for traditional “top-down” approaches such as advertising campaigns—Zimbabwe’s programme, for example, was developed through an intensive, long-term, peer-based participatory process—the extra effort should be well justified by the outcome.

For more information about Club 25, please visit http://www.ifrc.org/youth/
The following slogans may be useful for your communications materials. You may also prefer to come up with something completely new, bearing in mind that simple, compelling and consistent messages are most effective.

**Donor recognition**
- Thank you for your gift of life.
- Was it you who saved my life? Thank you.
- As a blood donor, you are a hero to someone, somewhere, who received your precious gift of life.

**Donor encouragement**
- Every drop counts. Give blood today!
- Blood. It's in you to give.
- Donate blood. Commit now.
- Rich or poor, you have the most precious natural resource of all: blood.
- Your blood is replaceable. A life is not!
- Caring means sharing: give blood.
- Roll up your sleeve and save a life!

**Blood as a gift**
- Blood: The gift of life.
- The gift of blood is a gift of love.
- Give the gift of life. Donate blood.
- Light up a life with a gift of blood.
- From me to you—a gift of life.
- Give the gift that costs nothing but means everything: blood.

**Saving lives**
- Do something amazing today. Save a life. Give blood!
- How many lives will you save today?
- It's in your blood to save a life.
- Be a lifesaver. Give blood!
- Give life—it's in your blood!
- Help save a life: give blood.

**Ideas for slogans**

- Lives depend on your blood donation.
- Join the life support team: give blood!
- Your blood saves lives. Don't wait, donate!

**Being a hero**
- Thank you for being an everyday hero.
- Heroes come in all shapes and sizes, not to mention blood types.
- Be a hero: give blood.
- You don’t have to be a superhero to save lives: give blood.

**The joy of giving**
- Feel good about yourself: give blood.
- It's a joy to give blood—donate and feel great!
- Today's a great day—I'm giving blood!

**Year-round need**
- Accidents and medical emergencies don't take holidays— we need blood every minute, every day of the year.
- No vacation without a donation!
- Give blood for the holidays.
- Keep the river of life flowing: give blood regularly.

**Blood safety**
- Safe blood saves lives.
- Safe blood starts with me!
- Strong communities are built on safe blood.
- Stay healthy; give blood.
Celebrating the Gift of Blood

On 14 June 2006, your organization can join the global celebration to raise awareness of the importance of voluntary unpaid blood donation and to encourage new and existing blood donors to donate blood regularly throughout the year while maintaining a healthy lifestyle.

Even if your country already holds a national blood donor day on a different date, World Blood Donor Day is a chance to highlight your activities as part of a wider global movement of solidarity.

The day also offers an opportunity to enlist the support of a wider set of actors—including nongovernmental organizations, the private sector and the media—as partners in the quest for universal access to safe blood. Coordinating your activities with others at all levels in your country will ensure maximum visibility and impact.

Objectives

World Blood Donor Day events should:

- Raise awareness of the importance of regular, voluntary, unpaid blood donation and a strong national blood donor programme in ensuring that safe blood is available to every patient who needs it;
- Thank existing voluntary unpaid blood donors and encourage them to donate regularly;
- Recruit new, safe, voluntary blood donors;
- Encourage healthy donors who have given blood when required by a family or community member to become regular voluntary unpaid donors;
- Promote healthy lifestyles among blood donors to protect both their own health and that of the patients who receive their blood;
- Communicate the importance of the careful assessment of blood donors in ensuring that giving blood will not cause any adverse effects to either the donors themselves or the recipients of their blood—this includes the need for potential donors to be truthful in answering questions about their own health and lifestyle;
- Stress that anyone in the community can be involved in World Blood Donor Day and ongoing activities—even if they cannot give blood—for example by volunteering their time, donating funds, or encouraging others to donate blood.

Event ideas

While some of these ideas for events focus on the day itself, they include ongoing activities or collaborations that can be launched using World Blood Donor Day as a catalyst.

They have been grouped by primary goal, although many will in fact contribute to achieving multiple objectives.

The impact of many of these activities can be boosted by securing the participation of local and national politicians, community leaders and other public figures.

Raising awareness

- Hold seminars, lectures, debates, quizzes (including radio/TV) on blood donation and related themes;
- Hold “open days” at blood centres, paying special attention to warm welcomes and information displays;
- Plan “Health Tours”: vehicles driving through urban and rural areas to distribute information on voluntary unpaid donation;
- Organize competitions for the most creative banners, slogans, posters, stickers, T-shirts, caps, pens or essays;
- Distribute posters, leaflets, badges and other items featuring information on blood donation to the general public;
- Encourage curriculum coordinators to incorporate information about blood donation and blood transfusion in education programmes;
- Organize sponsored walks to raise public awareness and use the proceeds to support ongoing activities.

Thanking existing blood donors and encouraging regular donation and healthy lifestyles

- Relay thank-you messages to blood donors using songs, postcards, balloons, display walls, letters from patients, telephone calls, text messages, newspaper advertisements, letters to the media, greeting cards signed by local/national celebrities;
- Organize awards ceremonies with local/national officials for regular blood donors, including certificates or other tokens of recognition for milestones such as 25, 50 or 100 donations;
- Set up a “Wall of Fame” in the community featuring individuals who have made a large number of donations as well as messages of thanks from patients who have received blood transfusion;
- Hold a party to bring together long-serving donors and young donors who have recently given blood for the first time; invite a guest speaker, such as a well-known person who has received blood;
• Start a campaign to encourage blood donors to mark their birthdays by "Giving the Gift of Blood";
• Organize a concert for young donors, celebrating their involvement and stressing the importance of a healthy, low-risk lifestyle;
• Enlist doctors and nurses to portray blood donors as "partners in health" and to relay messages about the importance of staying healthy to donate blood responsibly;
• Contact regular voluntary donors to explore their interest in setting up a voluntary blood donor association.

**Recruiting new blood donors**

Experience shows that regular donors tend to be the best recruiters of new donors and that personal communication is one of the most effective means of spreading the word.

• Produce a leaflet for use on World Blood Donor Day and beyond, urging existing blood donors to encourage healthy friends and family members to become donors;
• During "open days" at blood centres, offer blood-group testing and the opportunity to sign up as a blood donor;
• Set up a website and/or toll-free telephone number that people can use to obtain information and to register as blood donors;
• Create "pledge forms" enabling people to pledge to become regular donors, and distribute them widely, for example in banks, shops, post offices and in the street;
• Encourage school, community and professional theatre groups to produce plays highlighting the need for safe blood donors;
• Work with schools, colleges and universities to form blood donor clubs and Club 25 initiatives (see "Club 25" sheet in this campaign kit); provide donors with testimonials for inclusion in their CVs;
• Involve schools in encouraging students to give their first donation of blood on the day they are legally recognized as adults;
• Organize sporting events involving blood donors and the community, such as football matches or a "walk for life": seeing healthy athletes as blood donors shows that giving blood does not harm an individual’s health;
• Develop partnerships with sporting groups to promote the recruitment of blood donors from their young and healthy membership base.

**Building other partnerships**

• Enlist doctors and nurses to encourage people who donated blood when it was needed by a family member or friend to become regular voluntary unpaid donors;
• Work with patient associations to encourage members relying on transfusion (for example, for haemophilia, thalassaemia, sickle cell disease, trauma and cancer) to write letters of thanks to newspapers, take part in radio/TV spots, speak in schools, and write letters to politicians about the importance of a strong national blood transfusion service;
• Ask university departments of education, media studies, marketing and computer studies for help with donor information and education materials, such as leaflets, websites and videos;
• Enlist the support of the ambulance, fire and police services for donor awareness and recruitment campaigns;
• Enlist religious, women’s, community, youth and national service organizations (e.g. Rotary Clubs, Scouts, Lions Clubs) to plan World Blood Donor Day activities and ongoing education, awareness and recruitment programmes.

**Mobilizing the media and the private sector to promote blood donation**

• Contact national and local media in advance of World Blood Donor Day to secure their interest and support; provide them with information and "good news" stories about blood donors and patients and ask them to support an ongoing campaign to recruit voluntary blood donors;
• Invite journalists to donate blood and report on their experience;
• Produce a short television or radio spot promoting voluntary blood donation, if possible featuring a local/national celebrity; ask national and radio services to broadcast it free as a public service announcement;
• Propose the inclusion of a storyline relating to safe blood donation in a popular television or radio soap or drama;
• Involve local businesses by encouraging them to promote World Blood Donor Day in their marketing campaigns and organize blood collection sessions in their workplaces; use the business pages of newspapers to thank participating companies;
• Ask mobile phone companies to promote World Blood Donor Day by sending text messages to their subscribers on 14 June 2006;
• Ask banking organizations to put World Blood Donor Day messages on the screens of their automatic teller machines.
Celebrating the Gift of Blood

Why should people donate blood?

Safe blood saves lives. Blood is commonly used for women with complications of pregnancy, such as ectopic pregnancies and haemorrhage before, during or after childbirth, children with severe anaemia often resulting from malaria or malnutrition, accident victims and surgical and cancer patients.

There is a constant need for a regular supply of blood because blood can be stored only for a limited period of time before use. Regular blood donation by a sufficient number of healthy people is needed to ensure that blood will always be available whenever and wherever it is needed.

Blood is the most precious gift that anyone can give to another person—the gift of life. A decision to donate your blood can save a life, or even several if your blood is separated into its components—red cells, platelets and plasma—which can be used individually for patients with specific conditions.

What happens when I give blood?

Whether it is the first time you give blood or you are a regular donor, the blood service must make sure that you will come to no harm by donating blood. It must also check that your blood will be safe for the person who receives it.

Before you give blood, you will be asked some questions about your medical history, including any medication you are taking, and about your current health and lifestyle. These questions will be asked only to safeguard your own health and the health of the person receiving your blood. You will be told whether you are eligible to give blood and, if not, whether you may be able to donate blood in the future. Any personal information that you are asked to give will be kept confidential and will not be used for any other purpose.

It is very important to be truthful about any reasons why your blood might not be suitable. Although blood should always be tested for infections that can be transmitted by transfusion, such as HIV, hepatitis B and C, and syphilis, a test may not be able to detect a very recent infection. This means that even though the blood may test negative for a particular infection, it might still infect a patient receiving a blood transfusion.

After answering the questions you will also be given a brief medical examination that may include checking your pulse and blood pressure and ensuring that your weight meets a certain minimum. A drop of blood will then be taken from your fingertip to check that giving blood will not make you anaemic. Your health is very important to the blood transfusion service and blood will not be taken unless you can safely give a donation that day.

Donating blood is very simple. You will be made as comfortable as possible, usually in a special chair or on a bed. The area inside one of your elbows will be cleaned with an antiseptic solution before a trained health worker inserts a sterile needle, connected to a blood collection bag, into your vein. It usually takes only about 10 minutes to donate blood.

After resting for 10 or 15 minutes and taking some refreshment, you will be able to return to your normal activities, although you should avoid strenuous activity for the rest of the day. You should drink plenty of fluids over the next 24 hours.

How much blood will be taken? Will I have enough?

In most countries, the volume of blood taken is 450 millilitres, less than 10% of your total blood volume (the average adult has 4.5 to 5 litres of blood). In some countries, a smaller volume is taken. Your body will replace the lost fluid within about 36 hours.

Is giving blood safe?

Yes. Remember that you will only be accepted as a blood donor if you are fit and well. Your health and well-being are very important to the blood service. The needle and blood bag used to collect blood come in a sterile pack that cannot be reused, so the process is made as safe as possible.

Does it hurt?

Just squeeze the inside of your elbow tightly and you will get a quick idea of what the needle feels like. All you should feel is a gentle pressure, but no pain. Blood donation is very safe and any discomfort or problem during or after donating is very uncommon.

Who can give blood, and how often?

The criteria for donor selection may vary from country to country, but blood can be donated by most people who are healthy and do not have an infection that can be transmitted through their blood.

The age at which people are eligible to give blood varies, but is commonly between the ages of 17 and 65. Some countries accept donations from people from the age of 16 and extend the upper age limit beyond 65 years.

Healthy adults can give blood regularly—at least twice a year. Your local blood service can tell you how frequently you can give blood.
Who should not give blood?

You should not give blood if your own health might suffer as a result. The first concern of the blood service is to ensure that blood donation does no harm to the blood donor. You should not donate blood if:

- You are feeling unwell;
- You are anaemic;
- You are pregnant, have been pregnant within the last year or are breastfeeding;
- You have certain medical conditions such as heart disease, low or high blood pressure, diabetes or epilepsy;
- You are taking certain medications, such as antibiotics.

You may be able to donate blood at a later time. In some cases, however, in order to protect your own health you will not be able to donate blood.

You should not donate blood if it might cause harm to the patient who receives it. Blood can transmit life-threatening infections to patients who receive blood transfusions.

You should not donate blood if:

- You have or may recently have contracted a sexually transmitted disease, such as HIV or syphilis, that can be passed on to a patient who receives your blood;
- Your lifestyle puts you at risk of contracting an infection that can be transmitted through your blood: for example, if you have more than one sexual partner or have sexual contact with prostitutes;
- You have ever injected recreational non-medicinal drugs;
- You have recently had a tattoo, skin scarification or ear or body piercing—your local blood service can tell you how long you must wait before giving blood;
- You have had sexual contact with anyone in the above categories.

How will I feel after giving blood?

You should feel great for selflessly giving someone the gift of blood!
Contacts

World Health Organization (WHO)

WHO Headquarters
Dr Neelam Dhingra
Coordinator, Blood Transfusion Safety
Department of Essential Health Technologies
World Health Organization
20 Avenue Appia
CH-1211 Geneva 27, Switzerland
Fax: +41 22 791 4836
E-mail: bloodsafety@who.int
http://www.who.int/bloodsafety

WHO Regional Office for Africa
Dr Jean-Baptiste Tapko
Regional Adviser, Blood Safety and Laboratory Services
WHO Regional Office for Africa
Boîte postale 6
Brazzaville, Congo
Fax: +47 241 39511
E-mail: tapko@afro.who.int
http://www.afro.who.int/bls/

WHO Regional Office for the Americas / Pan American Health Organization
Dr José Ramiro Cruz-Lopez
Regional Adviser, Blood and Laboratory Services
Pan American Health Organization
525 23rd Street, NW
Washington, DC 20037, USA
Fax: +1 202 974 3610
E-mail: cruzjose@paho.org
http://www.paho.org/spanish/ad/ths/ev/blood-spa.htm

WHO Regional Office for the Eastern Mediterranean
Dr Nabila Metwalli
Regional Adviser, Blood Safety, Laboratory & Imaging
WHO Regional Office for the Eastern Mediterranean
Abdul Razzak Al Sanhouri Street
P.O. Box 7608, Nasr City
Cairo 11371, Egypt
Fax: +20 2 276 5416
E-mail: metwallin@emro.who.int
http://www.emro.who.int/assd/programmeareas-BloodSafety.htm

WHO Regional Office for Europe
Dr Valentina Hafner
Quality of Health Systems, Division of Country Support
WHO Regional Office for Europe
8 Scherfigsvej
DK-2100 Copenhagen 0, Denmark
Fax: +45 39 171 875
E-mail: vha@euro.who.int
http://www.euro.who.int/aids/prevention/20031114_1

WHO Regional Office for South-East Asia
Dr Rajesh Bhatia
Regional Adviser, Blood Safety and Clinical Technology
WHO Regional Office for South-East Asia
World Health House
Indraprastha Estate, Mahatma Gandhi Marg
New Delhi 110 002, India
Fax: +91 11 2337 0197
E-mail: bhatiaraj@searo.who.int
http://searo.who.int/en/section10/section17/section53/
section478_1671.htm

WHO Regional Office for the Western Pacific
Dr Yu Junping
Blood Safety Specialist
WHO Regional Office for the Western Pacific
P. O. Box 2932
1000 Manila, Philippines
Fax: +63 2 522 2036
E-mail: yuj@wpro.who.int
http://www.wpro.who.int/health_topics/blood_safety/

Contact details of WHO country offices are available at:
http://www.who.int/country
International Federation of Red Cross and Red Crescent Societies

Peter Carolan
Senior Officer, Health and Care (Blood)
International Federation of Red Cross and Red Crescent Societies
Case Postale 372
CH-1211 Geneva 19, Switzerland
Tel: +41 22 730 4409
Fax: +41 22 733 0395
E-mail: peter.carolan@ifrc.org
http://www.ifrc.org

For contact details for all the Federation’s regional offices in 14 regions, country delegations in 63 countries, and 6 sub-delegations please see http://www.ifrc.org (and go to the “Who We Are” section).

International Federation of Blood Donor Organizations (IFBDO/FIODS)

President, IFBDO/FIODS
Mr Niels Mikkelsen
c/o Bloddonorerne i Danmark
Vesterbrogade 191
DK-1800 Frederiksberg C, Denmark
Tel: +45 7013 7014
Mobile: +45 4011 9556
Fax: +45 7013 7010
E-mail: mikkelsen@bloddonor.dk
http://www.fiods.org

Secretary General, IFBDO/FIODS
Mr Jean-Marie Durant
Rue du Chateau de la Devèze 1
F-34500 Béziers, France
Tel: +33 4 67 76 52 79
Fax: +33 4 67 76 95 33
Mobile: +33 6 87 51 08 34
E-mail: jean-marie.durant@federation-dondesang.asso.fr

Continental delegate for Africa
Mr Farid Belouafi
Association Marocaine des Donneurs de Sang
c/o Centre National de Transfusion Sanguine
474 Avenue Hassan II
BP 180 Rabat, Morocco
Tel: +212 37 69 14 60
Mobile: +212 61 15 78 48
Fax: +212 37 69 14 63
E-mail: f.belouafi@menara.ma

Continental delegate for Asia
Dr Debrabata Ray
President, Association of Voluntary Blood Donors of West Bengal
20A Fordyce Lane
700 014 Kolkata, India
Tel: +91 33 473 4484 / +91 33 473 4971, ext.132
+91 33 400 6625
Fax: +91 33 473 2805
E-mail: ray@mahendra.iacs.res.in
http://www.angelfire.com/sc/avbdwb/rakta.html

Continental delegate for Europe
Mr Francis Ferrua
Chemin d’Appietto
Route d’Acqualonga
F-20167 Mezzavia, Corse, France
Tel: +33 6 12 54 97 39 / +33 4 95 22 43 13
Fax: +33 4 95 22 21 09
E-mail: francis.ferrua@wanadoo.fr
http://perso.wanadoo.fr/don-sang

Continental delegate for South America
Ms Letícia Côrtes Ferreira
Administrative Director
Associação Brasileira de Voluntários do Sangue
Rua Aligusta, 41 - Vila Nova Mazzei
São Paulo/SP, Brazil
Tel: +55 11 62 03 30 66
Mobile: +55 11 81 25 03 71
E-mail: leticiaferreira@ig.com.br
http://www.voluntariosdosangue.org.br

Contact details of voluntary blood donor organizations are available at: http://www.fiods.org

International Society of Blood Transfusion (ISBT)

Dr Paul F.W. Strengers
Secretary General
ISBT Central Office
Jan van Goyenkade 11
NL-1075 HP Amsterdam, The Netherlands
Fax: +31 20 673 7306
E-mail: isbt@eurocongres.com
http://www.isbt-web.org