



THINK YOU CAN'T AFFORD TO DONATE BLOOD??

READ ON – there are about 20 common excuses for not giving blood



1. “You wouldn’t want my blood because I ‘m common old “O” Group”

Every type of blood is important. Because group O is the most common type, it is also the most needed. Often group O is particularly valuable because in certain cases it can be used when other groups are not available. All blood types are required- remember the rarest type is the type that’s not available when you need it.



2. “I’m too old”

Age requires for donors: 16- 65 years, and if you’re in good health you can keep on donating right up until your 65th birthday.



3. “Oh, but I’m anaemic.”

People may be anaemic, and it’s the blood bank job to ensure blood is taken from these people. So there’s a simple test performed at each donation: a small drop of blood is taken from the donor’s finger and in 15 seconds we’ll be able to determine your haemoglobin (iron) level



4. “I’m scared about giving blood.”

Every feels a bit like that for the first time. But really there’s nothing to it. In fact there are hundreds of donors who have given 40- 70 donations. You don’t have to be super a man or super woman to give blood: it is really a simple procedure.



5. “You wouldn’t want my blood I’ve had hepatitis.”

We do a test on hepatitis on each donation, and even if we find the presence of hepatitis in your blood it often can be valuable helping to make a vaccine against hepatitis.



6. “I haven’t enough blood to spare.”

The average adult has about 8 pints of blood, and doctors agree that healthy people can give blood quite regularly.

A donation is less than a pint (450 mls.) and donors ay give this safely four times whether you donate or not, so this amount is quickly replaced.



7. “No-one has ever asked me to donate.”

Consider yourself invited. Your blood is the most precious gift you can give. It can mean life itself for a sick child, an accident victim or for someone facing surgery.



8. “It’s too inconvenient and I’m too busy.”

The blood Bank tries to make it as convenient as possible to donate. The Mobile Unit visits many offices, factories and schools. Even the busiest people make time to give blood. When you stop to think of all the good your blood can do, we believe you might decide you are not too busy after all to spare less than forty minutes of your time.



9. “You wouldn’t want my blood because of recent illnesses”

Certainly you should not donate while you have an acute illness or for some time after major surgery. We never take blood from people who may not be well enough to donate. A medical history is taken to make sure it is safe for you to donate



10. "I'm not heavy enough"

If you weigh 50 Kg. or more you will have enough blood to donate.



11. "I hate needles."

To ensure that blood giving process is not painful, local anaesthetic is applied to the skin. You then feel no pain giving your blood and there is no need to watch the procedure.



12. "I'll only give in an emergency."

Emergency happen every minute of the day. For each patient requires blood transfusion it is an emergency: the patient could die if the blood is not available.



13. "But it will make me weak."

The volume of blood is replaced quite quickly. In fact, by the time you leave the blood bank your body has commenced replacing the blood you have given. After just a few hours the total volume will be back to normal and in the mean time you should experience no discomfort and you are able to go about your normal duties.



14. "I intend to but I never get around it."

Come today there's no appointment. You will feel really good having made up your mind to come. Call at the Blood Bank, next to

KNH between 8am-4:30pm any working day. For further details, phone 723569 or 223549 Nairobi.



15. "I've done my bit I gave a many years ago."

Thank you for giving blood at the time. We'll still have your records and we want you to know that you really are needed now. There are just so many good uses for your donations. Each year as medical science and surgery advance, more blood is used each year ore donors must be found to meet the spiraling demand for blood.



16. "I gave overseas and was paid for it."

Here blood donations are as unique and priceless natural resource. In other places blood has become a marketable commodity and resulted in enormous healthy risks. Every unit of blood provided by the blood bank is given voluntarily by a donor. The donor is not paid, nor is the recipient charged for blood concerned. Blood is FREE!!!



17. "There is too much alcohol in my blood."

So long as there is a drop of blood in the alcohol, the Blood Bank can use the donations...but being sober does help.



18. "If you give once you have to keep giving."

Giving blood will not cause you to produce at a greater rate. You will not be forced to give blood regularly, because a blood donation is No difference from a bleeding nose, a menstrual period, or a cut finger in its effect on blood production.



19. "But I will play sport."

So you're healthy and that's very one good reason for making a donation. Your donation of blood will not affect your sporting performance and it will certainly help someone else who needs your donation to stay alive.



20. "I might catch Aids by giving blood."

Blood donors cannot catch AIDS or any other infection by giving blood. All the equipments used for collecting blood is sterile and is used only once.

GIVE FROM THE HEART !!!!

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