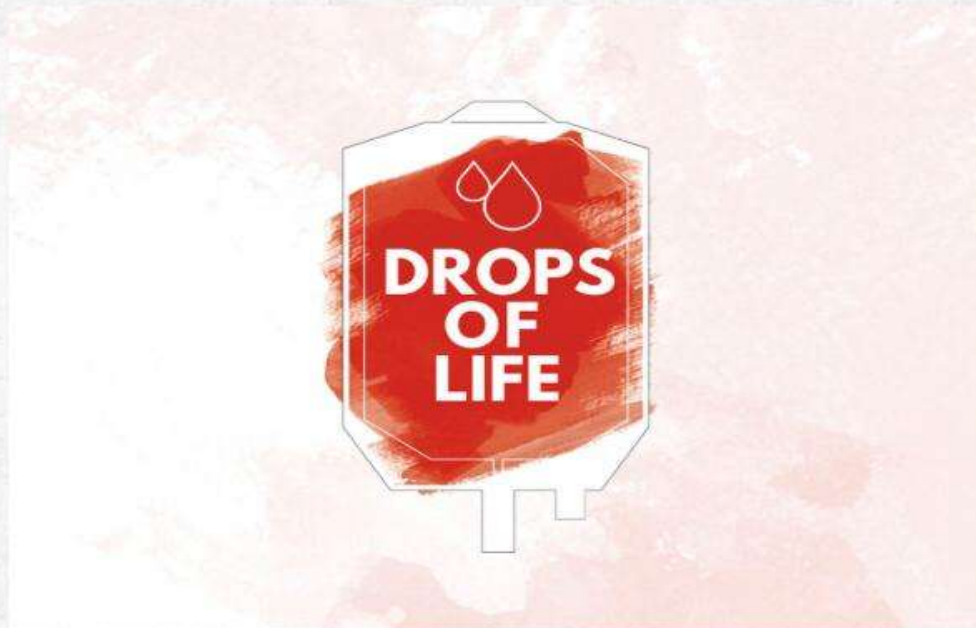


The Interact Club invites you to

The Blood Donation Drive

Heroes come in all types and sizes

Date- 17th August
Venue- Main gate, Sanskriti School



- Please eat a full meal and drink plenty of water before donating blood.
- Also if you are suffering from cancer, cardiac disease or have consumed alcohol or nicotine in the past 24 hours you would not be allowed to donate blood.
- Please also note that the minimum age for donating blood is 18.

COMMON DOUBTS ON BLOOD DONATION

" I'm on medication."



Taking medication does not affect your eligibility as a blood donor.

Many medications, including allergy medicines, vitamins etc. do not affect your eligibility as a blood donor.

" I have a habit of smoking cigarettes."

Yes, you can still be a blood donor. No one is perfect.

If your BP is normal, there shall be no prevalent issues.



" I'm not supposed to eat before donating."



It's very important to stay hydrated prior to donating.

It is very important to drink plenty of fluids and eat a good meal within 4 hours before donating.

" I'm too old to donate. "

You can donate nonetheless.

As long as your BP is within the norm, there won't be any problems with blood donations.



Legally eligible age 18 and above .

Minimum 12.5% of haemoglobin .



Bring a valid identification .



Minimum body weight of 50 kg .



The Interact club invites you to the

ANNUAL BLOOD DONATION DRIVE

A gift straight from your heart.

17th August 2019
In front of the main gate
of Sanskriti School



AN INTERACT CLUB INITIATIVE

BLOOD DONATION DRIVE

IT TAKES JUST
≡≡≡ 10 MINUTES TO ≡≡≡
SAVE 3 LIVES

DATE - 17TH AUGUST ,2019

**VENUE - MAIN GATE ,
SANSKRITI SCHOOL**

