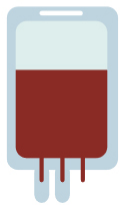


# Giving Blood

Every day we need



**1.000**

**blood donations**  
to attend the sick

In Catalonia 1,000 blood donations are needed every day to cover patients' needs. One in every 10 people will need blood at some stage in their life. Blood cannot be manufactured yet: donations are the only way to ensure that everybody has blood at their disposal when they need it for a medical treatment, an operation or after an accident.

The blood donated is separated into three parts: red blood cells, platelets and plasma. A single donation can save as many as three lives.

Anyone can give blood as long as they are fit and healthy, between 18 and 70 years old, weigh over 50 kilos and, in the case of women, aren't pregnant.



Women can give blood up to three times a year and men, up to four times. Each donation should be separated from the next one by at least 2 months.

**You can give blood even if:**

- You had hepatitis before the age of 12.
- You don't go on an empty stomach.

- You have high cholesterol levels.
- You take one of the most frequent medicines.

**You can't give blood if:**

- You've had cancer.
- You are a carrier of hepatitis or HIV viruses.
- You have an acute disease.
- You have anaemia.
- You have had a heart attack or angina.

**Can you spare 20 minutes?**

**Come and give blood!**



**What is the donation process like?**

To ensure that the donation is safe for you and for the person that will receive your blood, you'll have to answer a questionnaire about your health and lifestyle habits. We'll give you a medical interview and check your blood pressure and haemoglobin levels.

The blood collection itself takes 10 to 15 minutes. Afterwards, you should rest for a few minutes and have a small snack. It is important to drink plenty of liquids (over half of our blood is water) and to avoid strenuous physical exertion for the next 24 hours, especially with the arm used to give blood.

You can give blood at the main hospitals in Catalunya and at over 4,000 blood donation centres throughout Catalonia. You can check out the nearest donation centre on our website [www.donarsang.gencat.cat](http://www.donarsang.gencat.cat) if you want to give blood.