

Blood donation matters

“Your small act of kindness becomes someone’s second chance.”

Blood is a perennial need for major accidents, surgeries, cancer care, childbirth complications, and transfusions; yet it cannot be manufactured. It only comes from healthy human donors.



Importance of blood donation:

- Supports life-saving emergency care
- Encourages fresh blood cell production
- Promotes routine health awareness
- Helps many donors maintain healthier iron balance

► Checklist before blood donation day;

- Sleep well the previous night
- Stay hydrated
- Eat a proper meal
- Avoid smoking/alcohol before donation

The healthiest people don’t just protect themselves; they become capable of protecting others too.

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