

Tips on Blood Donation

- **Have a good meal at least 3 hours before donating blood.**
- **Accept the snacks offered to you after the donation, it is vital that you have them. You are recommended to have a good meal later.**
- **Avoid smoking on the day before donating. You can smoke 3 hours after donation.**
- **You will not be eligible to donate blood if you have consumed alcohol 48 hours before donation.**

Misconceptions about donating blood

- **"I will feel drained and tired after donating" - You will not feel drained or tired if you continue to drink fluids and have a good meal.**
- **"I cannot resume normal activities" - You can resume all your normal activities, though you're asked to refrain.**
- **"I will have low blood" - If you are okayed to donate by the doctor you will still have surplus blood after the donation.**
- **"I can't take alcohol..." - You can on the next day.**
- **"It will be painful while donating" - No, you will not feel any pain.**
- **"I will feel dizzy and may faint" - You will not faint or feel uncomfortable after donating blood.**
- **"I may get AIDS!" - No! Make sure disposable syringes are used and all measures are taken to keep you germ free.**
- **"My blood is common. I don't think there will be demand for it" - That is why the demand for your type is greater than for rare types.**