

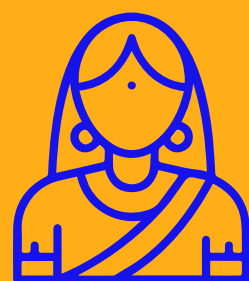
World Blood Donor Day
14 June



When can you donate?



Healthy adult men: once in **90 days**



Healthy women: once in **120 days**



14 days after **COVID-19 vaccination** or
testing RT-PCR negative after recovery