



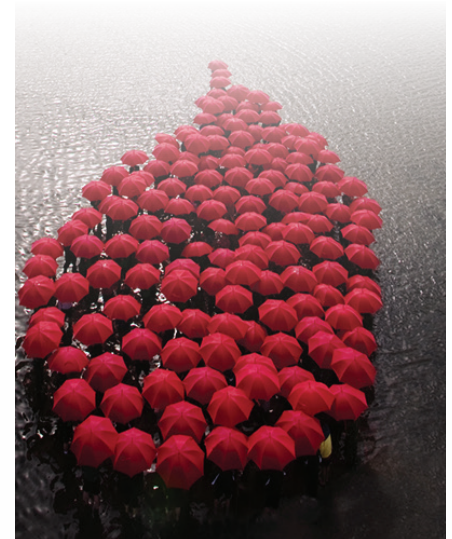
...be there for someone else...

Every few seconds somebody somewhere in the world needs blood...

Blood transfusions are an essential and vital part of the health care system -- to help save lives. They support complex medical and surgical procedures, and are key in emergencies. Regular voluntary unpaid blood donations are needed to help ensure that safe blood will be available.

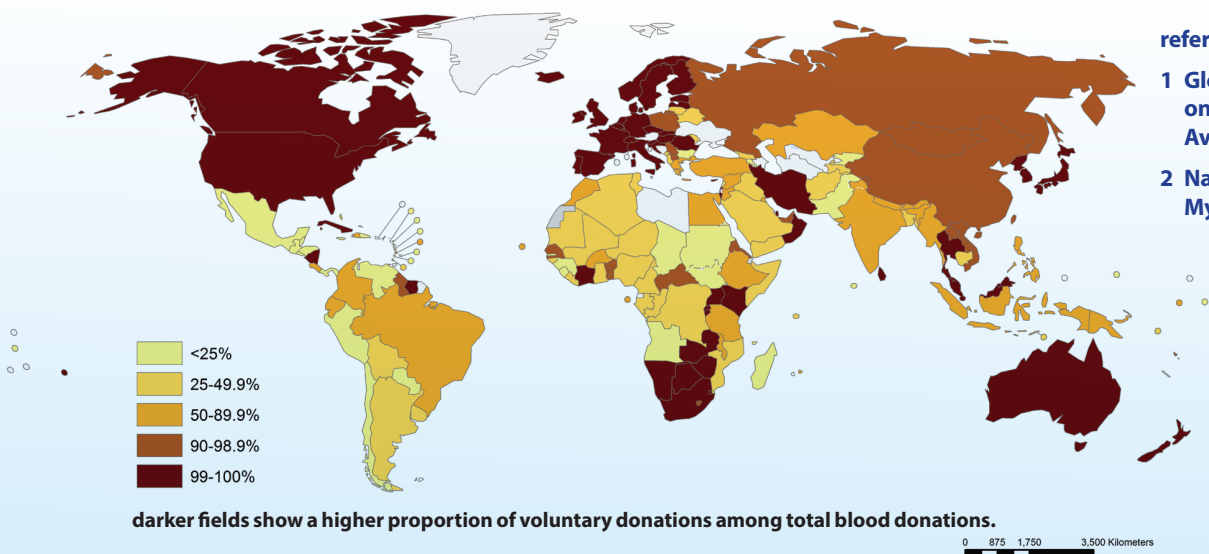
An adequate supply can only be ensured through regular donations by voluntary unpaid blood donors. Without such a system, no country can provide blood for patients who need it. Furthermore, voluntary, unpaid donors are the safest group of donors, because the occurrence of blood borne infections is **lowest** among them.

For safe and adequate blood transfusion services, screening of all units for infections, and reduction of unnecessary transfusions, is a must.



Voluntary blood donations, world wide

This map shows the proportion (%) of voluntary unpaid blood donations, by country, 2013¹



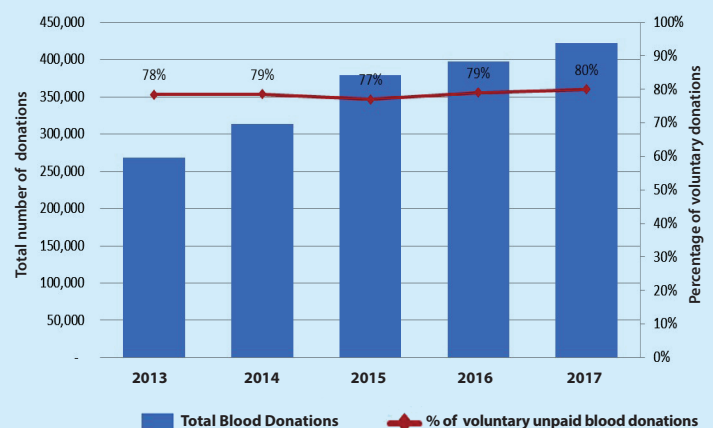
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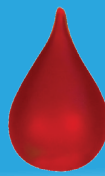
- 1 Global status report on Blood Safety and Availability, 2016
- 2 National Blood Centre, Myanmar

Highlights from the global report on blood safety, 2016¹

- ▶ **112.5 million** blood donations collected globally, in 2013.
- ▶ 159 countries reported an increase of **10.7 million** blood donations from voluntary unpaid donors between 2008-2013, whereas South East Asia contributed about **50%** of it.
- ▶ the highest increase of voluntary unpaid blood donations between 2008-2013 is in South-East Asia (75%), with the region reporting an increase of **5.3 million** voluntary unpaid donations.
- ▶ 74 countries reported **90%** of blood supply originating from voluntary unpaid donors.

Voluntary unpaid blood donations, Myanmar, 2013-2017²





Who can donate blood?



Most people can give blood if they are in good health. If you wish to donate blood, here are some basic suggestions:

- ✱ **age:** between 18 and 60.
- ✱ **visit** your blood centre, ask for registration, followed by medical checkup at the blood centre.
- ✱ qualified health personnel will tell you whether blood donation is advised.
- ✱ if there is any reason why a blood donation should be deferred, or avoided, health staff will tell you.
- ✱ if there is any query, hotline number of the National Blood Centre, Yangon, is **01 37 27 53**.
- ✱ National Blood Centre website is www.donatebloodmyanmar.org

How will blood be drawn from the blood donor?

An adult person has 5,000 - 6,000 mls of blood in the body. Only 450 mls of blood will be drawn from a voluntary unpaid donor. The body replaces this amount of blood within 24 hours and red blood cells are replaced in 3-4 weeks naturally.

Skilled staff will draw blood from eligible donors using sterile equipment. Blood drawing takes about 30 minutes.

After blood donation, the donor needs to rest for at least 15 minutes and take nutritious food before leaving the blood donation sites.

A healthy voluntary blood donor can donate every 4 months. To be able to donate blood regularly, voluntary unpaid blood donors need to take nutritious food (for example, bananas, egg, avocado, spinach).



Drawn blood is screened for **HIV**, viral **hepatitis** and **syphilis** and processed for different blood products.

Blood is a **most precious gift** one person can give to another, **life saving**.

references:

- **WHO website:** <https://www.who.int/en/news-room/fact-sheets/detail/blood-safety-and-availability>
- **National Blood Centre, Latha township, Yangon, Myanmar**
<https://www.donatebloodmyanmar.org>

