

June 14th | World Blood Donor Day

The blood that flows through your veins is life, be a donor!



DONATING BLOOD CAN SAVE THOUSANDS OF LIVES, BUT ONLY 1.6% OF THE POPULATION DONATES, ACCORDING TO MINISTRY OF HEALTH DATA.

Did you know that one donation can benefit up to 4 people?

The donated blood can be used in:

- Transfusions during medical procedures and emergency surgeries
- Transplants
- Oncological procedures
- Treatment of chronic diseases, such as thalassemia and sickle cell anemia

Minimum requirements to be a donor:



People aged 16 to 69



Well fed



Weighing at least 50 kg



Have slept for at least 6 hours the previous night



Who cannot donate?



- People who have had a hepatitis after 11 years of age.
- People diagnosed with hepatitis B and C, AIDS (HIV virus), diseases associated with HTLV virus types I and II and Chagas disease.

Temporary restriction:

There are some conditions that cause temporary restrictions, such as being pregnant or breastfeeding; having with the flu, a cold or fever; having had alcoholic beverages the previous night, among others.

For more information on the conditions for being a donor, talk to the trusted blood donor center that's closest to you.

Did you know?

- People donate an average of 450 ml of blood.
- The plasma is replaced within 24 hours and red blood cells are replaced in 4 weeks.
- To make a new blood donation it is necessary to wait 2 months (for men) or 3 months (for women).



Where to donate:

Blood Donor Centers, "Hemointo" and INCA's Hemotherapy Service.

**DONATING BLOOD IS SAFE AND FAST!
SHOW YOUR SOLIDARITY AND LOOK FOR THE NEAREST BLOOD DONOR CENTER.**