

MYTHS AND REALITIES

Others can donate why me

- There is always a need
- No substitute for blood
- Save lives of 3 to 4 patients

Blood donation is painful

- Blood donation is a painless and safe, procedure

Where can I donate blood?

- You can donate blood at a blood bank or in a blood donation camp.

It takes too long...

- It takes just half an hour.

Do I need a special diet?

- Normal healthy diet is sufficient, no additional nutrition is required

It causes weakness...

- It does not cause weakness and the blood volume is replaced within 24 hours.