# 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.