

**THANK YOU  
FOR SAVING LIVES  
WITH YOUR**

**FIRST**

**BLOOD DONATION!**

**RED-Y  
TO SAVE  
LIVES!**



## INTRODUCTION

Welcome to our community of blood donors in Singapore!  
Thank you for taking the first life-saving step in your blood donation journey.

For many patients in Singapore, blood is the gift of life. For example, leukaemia patients require regular transfusions during treatment and patients with blood disorders need a blood transfusion once every 3-4 weeks. That's why it's vital that blood donation isn't just a one-off activity, but a regular commitment.

We hope to see you again in 12 weeks!

**BB AND OUR BLOOD BENEFICIARIES  
THANK YOU FOR YOUR LIFE-SAVING  
CONTRIBUTION!**

I have always been a part of the patient support group while waiting for a heart transplant. Fast forward a few years now, I am still a part of the patient support group, as a new me, with my new heart. I'm now able to walk the wards and take care of my fellow patients. This is only made possible with the precious gift of life that my organ and blood donors have given to me. Thanks to them, I will walk the wards for as long as my heart beats.

- Serene Lee, Blood Beneficiary

**JOIN THE  
#BANDAGEHEROES**

Join the #BandageHeroes  
by snapping a picture of your  
iconic blood donation bandage  
and tagging us at @sgredcross!



# HOW SHOULD YOU PLAN FOR YOUR NEXT DONATION?

We encourage donors to plan their next donation by taking note of the following:

## DONATION INTERVALS

For whole blood donations, there is a waiting period of 12 weeks before you can make your next donation.

For apheresis donations, the waiting period is 4 weeks.

Find out more at:



## HOLIDAY PERIODS/ LONG WEEKENDS

Blood stocks tend to dip during long weekends and holiday periods. Consider scheduling your donation during holiday periods and long weekends. This would ensure that our blood stock levels remain at healthy levels at times when many regular donors may not be available.

## COVID-19 VACCINE

The blood bank has implemented a new blood donation eligibility guideline for donors who received a Covid-19 vaccine and the deferral period may vary depending on the type of vaccine received or if you developed symptoms after receiving the vaccine.

Find out more at:



## TRAVEL

Some travel destinations have different deferral periods for blood donation. Consider donating blood before you travel. For example, if you stayed overnight at certain locations such as Bangladesh, Batam, Bintan, India and rural areas of Indonesia and Thailand, there is a deferral period of 4 months.

Find out more at:



## WHEN SHOULD YOU NEXT DONATE BLOOD?

Scan this QR code to add your next appointment into your phone's calendar now!



ADD TO CALENDAR

# RECOGNISING YOUR EFFORTS

Great job on your first donation!

Thank you for giving patients-in-need a new lease of life!

Every day, blood is needed to save lives. Your selfless contribution has given patients and their families a lifeline of hope. On behalf of all the blood recipients, we urge you to continue your journey by making blood donation your regular contribution to the community.

#Doyouknow that your efforts will be acknowledged with special medallions and tokens of appreciation at each milestone?

Here are some upcoming milestones you can look forward to.

MEDALLION MILESTONES	5TH DONATION	10TH DONATION	BRONZE MEDALLION	SILVER MEDALLION	RUBY MEDALLION	GOLD MEDALLION	DIAMOND MEDALLION	CHAMPION OF CHAMPIONS	MEDAL FOR LIFE
<b>MEN</b>	5	10	25	50	75	100	125	150	200
<b>WOMEN</b>	5	10	25	35	50	70	100	125	150



If you have donated in your birthday month or have donated at least 3 times in a year, you qualify for our Birthday Programme or HOPE (Helping Other People livE) Programme! Please approach any of the friendly nurses or Red Cross staff at the blood bank to receive a token of appreciation from us!

## BB BINGO CARD

FILL IN THIS BINGO CARD AND SEE HOW FAST YOU CAN HIT 5 IN A ROW!

WENT TO A MOBILE BLOOD DRIVE	VOLUNTEERED FOR A BLOOD DONATION CAUSE	RECEIVED A DONOR COLLECTIBLE FREEBIE	SHARED ABOUT MY BLOOD DONATION EXPERIENCE ON SOCIAL MEDIA	ORGANISED A BLOOD DRIVE
VISITED ALL THE BLOOD BANKS	COLLECTED HOPE PROGRAMME TOKEN FOR 3 DONATIONS	CONVINCED A FRIEND/ FAMILY MEMBER TO DONATE BLOOD	MY SECOND DONATION	MY FOURTH DONATION
GOT MILO AND SNACKS AFTER A DONATION	BOOKED AN APPOINTMENT FOR MY NEXT DONATION	MY FIRST DONATION	COLLECTED MY MEDAL FOR 5TH DONATION	ORGANISED A GROUP BLOOD DONATION ACTIVITY WITH KAKIS
GOT MY COMPANY TO SUPPORT BLOOD DONATION EFFORTS	DONATED DURING MY BIRTHDAY MONTH	PREPARED AN IRON-RICH MEAL	MY THIRD DONATION	SHARED RED CROSS' SOCIAL POST ON BLOOD DONATION
POSTED A PHOTO OF MY BANDAGE WITH #BANDAGEHEROES AND TAGGED @SGREDCROSS	DONATED 4X IN A YEAR	DONATED DURING THE FESTIVE SEASON	CELEBRATED WORLD BLOOD DONOR DAY	SHARED A SOCIAL MEDIA POST ON BLOOD DONATION

# POST-DONATION CARE

## POST-DONATION ACTIVITIES



Rest at least 20 minutes at the blood bank after donation.



Drink plenty of water or non-alcoholic drinks after donation.



Do not smoke for at least an hour after donation.



To prevent bruising and to promote healing at the needle site, you need to avoid lifting or carrying heavy items for at least 12 hours.



Continue to hydrate yourself throughout the day to help your body replenish the donated blood.



Avoid standing for long periods and strenuous exercise for 24 hours.

To help you stay well after giving blood, we recommend the following:



Have something to eat and drink at the refreshment area before leaving.



Keep the bandage on for at least 4 hours after donation.



Avoid drinking alcoholic drinks until the next day.



Eat food rich in iron and take iron supplements.

## IF YOU FEEL FAINT

If you feel faint or weak during or after your donation, please inform our staff immediately.

If you feel faint after leaving the blood bank or mobile drive, we advise you to:



Sit or lie down immediately for at least 30 minutes until you feel well.



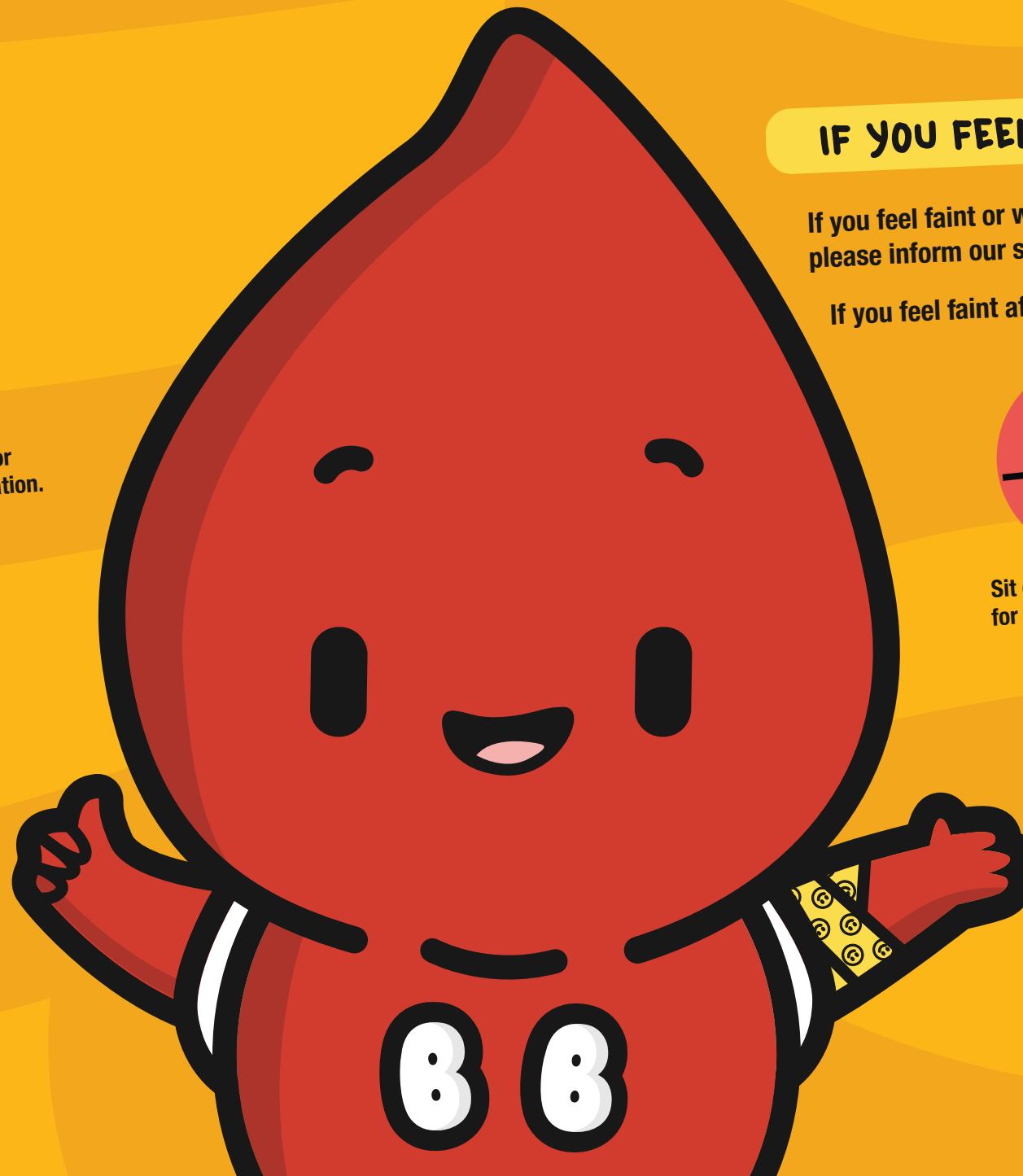
Drink plenty of water or non-alcoholic drinks.



Not drive in the next 6 hours.



If symptoms persist or get worse, call 995 (ambulance) to get help.





# POST-DONATION CARE

## PREVENTING BRUISES

Some donors develop mild bruising at the needle insertion site (where the blood was drawn). Most bruises are not serious and generally disappear within a week.

Large bruises or swelling are less common and may take a few weeks to completely disappear.

To minimise the risk of bruising or swelling, you should:



Apply firm pressure on the needle insertion site for at least 5 minutes after the needle is removed.



Keep the bandage on your arm for the next 4 hours.



Limit the use of your 'donation arm' for the first 15 to 20 minutes after donating blood.



Avoid or minimise the use of the 'donation arm' for heavy work or strenuous activities for the next 48-72 hours.

## IN CASE OF BLEEDING OR BRUISING

If bleeding or a bruising develops after you have left the blood bank or mobile drive:



Apply firm pressure on the needle insertion site and lift your arm above your shoulder for at least 20 minutes.



If the blood bank nurse gives you a cream to heal the bruise, you can apply it on the bruised area (avoiding the needle insertion site) 24 to 48 hours after blood donation.



Once the bleeding stops, apply an ice pack on the affected area up to 20 minutes at a time, 3 times a day for the next 24 to 48 hours. Wrap the ice pack in a moist cloth first before applying it to your skin.

**PLEASE CALL US  
AT 6213 0626 FOR  
ADDITIONAL ADVICE.**



## ILLNESS, PAIN OR SWELLING AFTER DONATION

Consult your doctor or proceed to the nearest polyclinic or hospital if you experience the following after leaving the blood bank or mobile drive:



Severe pain in "donation arm".



Large swelling that is increasing in size or painful to touch.



Persistent numbness in the "donation arm", hand or fingers.

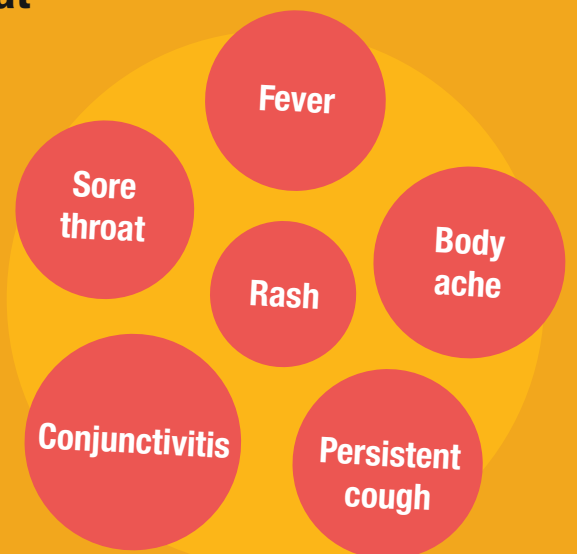


If you fall sick or think your blood should not be used.

Call the blood bank immediately at 1800-226 3320 (24-hours) if:



You feel that we should not give your blood to a patient.



You develop any of the above symptoms

# LEARNING ABOUT HAEMOGLOBIN AND BLOOD GROUPS

(Fill in the blanks by searching for the right words below!)

\_\_\_\_\_ is essential for the production of haemoglobin, which is responsible for transporting \_\_\_\_\_ in our body. Your haemoglobin level is measured by a \_\_\_\_\_ test to ensure that it is at least 13.0g/dL for males and at least 12.5g/dL for females.

This is to ensure \_\_\_\_\_ of the donor as frequent blood donations without sufficient replacement of iron may lead to iron deficiency anaemia.

There are close to 40 human \_\_\_\_\_ systems recognised by the International Society of Blood Transfusion (ISBT), with ABO and Rh being just two of them! Only less than 1% of the population are Rhesus \_\_\_\_\_ (A-, B-, O- and AB-). Rhesus-negative blood is considered \_\_\_\_\_ and precious!

T F A U Y U K J G F W F C G G  
 B L O O D G R O U P T T X R I  
 B M P L D F L Q A J X N E I E  
 O B S M T T A E I P V V Z P C  
 Q T J I X L H F Q D I Q V J W  
 G E U I J J S I A T L N R O W  
 M U R A R E A N A H O C U X W  
 V R V S F C F G U V E O D Y N  
 F O C W L B E E F D H C L G N  
 I R O N I W T R O R O A W E X  
 O Q H Z U W Y P V D W J O N O  
 V F Q W Q X V R I N Q X D F Q  
 D K N E G A T I V E M Z G P E  
 U M N C U V Q C N R Q C Y Q C  
 E K Q S N L V K Q G M K Y D Q



Answers:

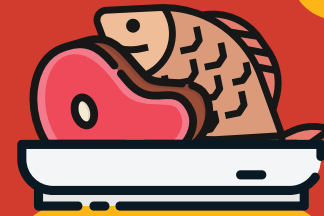
- IRON
- OXYGEN
- FINGER PRICK
- SAFETY
- BLOOD GROUP
- NEGATIVE
- RARE



# HOW CAN I INCREASE MY IRON LEVELS?

Maintain a well-balanced diet that includes plenty of iron-rich foods before blood donation. While iron from meat sources is better absorbed by the body, you can improve iron absorption for non-meat and seafood sources by consuming Vitamin C. Avoid taking caffeine together with your meals as this will reduce the absorption of iron.

## IRON-RICH FOODS



MEAT AND ALTERNATIVES

- Fish
- Lean beef and mutton
- Nuts and seeds
- Soy bean products



RICE AND ALTERNATIVES

- Brown rice
- Wholemeal bread
- Cornflakes
- Wholemeal pasta



VEGETABLES

- Chye sim
- Kang kong
- Spinach
- Kale
- Seaweed



FRUITS

- Dried apricots
- Dried longans
- Raisins
- Dried dates
- Prunes



WANT MORE RECIPES TO BOOST YOUR IRON?

SCAN THE QR CODE!



## CAN I DONATE?

EVERY DAY, MORE THAN 400 UNITS OF BLOOD ARE NEEDED IN SINGAPORE.

Blood is crucial to save lives not only in times of emergencies, but also to sustain the lives of patients suffering from leukaemia, thalassaemia, and other blood disorders and those who are undergoing major surgeries.

### BASIC REQUIREMENTS FOR DONATING BLOOD IN SINGAPORE

- Aged 16-60 (donors aged 16 and 17, please bring signed parental consent form: [hsa.gov.sg/parent\\_consent](https://hsa.gov.sg/parent_consent))
- Generally in good health (no symptoms of infection for at least one week, e.g. sore throat, cough, flu, diarrhoea, or no fever in the last three weeks)
- Have a haemoglobin level of at least 12.5g/dl (for females) and 13.0g/dl (for males)
- Not travelled to any malaria-affected areas in the past four months (visit [hsa.gov.sg/travel\\_criteria](https://hsa.gov.sg/travel_criteria) for more information)
- At least 12 weeks since your last blood donation
- Weigh at least 45kg

TAKE OUT THE MAP FROM BB'S BAG TO SEE THE BLOOD BANK LOCATIONS!

GIVE THIS MAP TO A FRIEND!

SINGAPORE  
MAP TO...  
BLOOD BANKS



## BLOODBANK @ WOODLANDS

Woodlands Civic Centre (Opposite Causeway Point)  
900 South Woodlands Drive #05-07 Singapore 730900

### Opening hours:

Monday, Wednesday to Friday: 12pm to 8pm  
Saturday and Sunday: 10am to 5pm  
Tuesdays and Public Holidays: Closed

## BLOODBANK @ DHOBY GAUT

Dhoby Xchange (Near Exit B) #B1-05 to B1-10  
11 Orchard Road Singapore 238826

### Opening hours:

Monday to Wednesday, and Friday: 12pm to 8pm  
Saturday and Sunday: 10am to 5pm  
Thursdays and Public Holidays: Closed

## BLOODBANK @ WESTGATE TOWER

Westgate Tower (Jurong East MRT Station, Exit D,  
walk through Westgate) 1 Gateway Drive #10-01 to  
10-05 Singapore 608531

### Opening hours:

Monday and Tuesday: 12pm to 8pm  
Thursday and Friday: 12pm to 8pm  
Saturday to Sunday: 10am to 5pm  
Wednesdays and Public Holidays: Closed

## BLOODBANK @ HSA

Health Sciences Authority (Opposite Outram Park  
MRT Station) 11 Outram Road Singapore 169078

### Opening hours:

Tuesday to Thursday: 9am to 5pm, Friday: 9am to 8pm  
Saturday: 9am to 4.30pm, Sunday: 9am to 4.30pm  
Mondays and Public Holidays: Closed

**Please note that all blood banks are open from  
9am to 2pm on New Year Eve, Chinese New Year Eve  
and Christmas Eve, unless it falls on a non-operating day.**



For information on mobile  
blood drives, head to:



Book your next  
appointment here:



If you wish to be a blood mobile  
organiser with the National Blood  
Programme, send us an email at  
[donate.blood@redcross.sg](mailto:donate.blood@redcross.sg) for  
more info.

### CONTACT US

6220 0183  
[donate.blood@redcross.sg](mailto:donate.blood@redcross.sg)

Remember to bring Identification  
documents - NRIC / Work Permit /  
Passport / Donor Card for your  
next donation!





Give **Blood**. Save Lives.

SINGAPORE

GiveBlood.sg



Singapore Red Cross



@sgredcross



6220 0183