

# Donate Blood

**Venue** Karibu Hall ISM

**Date** Saturday November 7<sup>th</sup>

**Time** 11am to 4pm.

ISM in conjunction with KCMC and Duke Women's Health Collaboration will be holding a Blood Drive in Karibu Hall, International School Moshi. Thousands of people die each year due to a lack of available blood. Women, in particular, should not be dying in childbirth due to this lack.

KCMC has to provide blood to not only Kilimanjaro region but also to Tanga, Manyara, Arusha and Singida Regions.

We are therefore asking the Community to share in this initiative by coming to give the much needed blood on the 7<sup>th</sup> November. If you cannot give blood, a financial donation would be welcome in order to pay for some of the costs incurred.

Also refreshments i.e biscuits, cakes, juice etc would be gratefully received as each donator will be given some food and drink after giving their blood.

**'A Life you save could be your own!'**

Some important criteria people must meet to donate blood.

- 18 – 65 years old.
- Weight must be greater than 50 kg
- Not anaemic
- Feeling healthy on the day of donation
- No major diseases and not currently taking antibiotics for an active infection.
- Cannot have donated in the last 2 months.

Other important information

It is not possible to get HIV or AIDS from donating blood

A single user pre-packed, sterile needle and kit will be used to draw blood

Blood is tested for HIV, hepatitis B virus, syphilis, although results are NOT automatically given to potential donors, they have to track down their own results if they want to know.

Blood type is checked

Only about 450ml of blood is drawn

All questions asked to ensure eligibility will be confidential.

Thanking you in advance for supporting this well needed collaboration.

Sandra Riches, Colin Beveridge and Dr Jeff Wilkinson.