

# BLOOD DRIVE



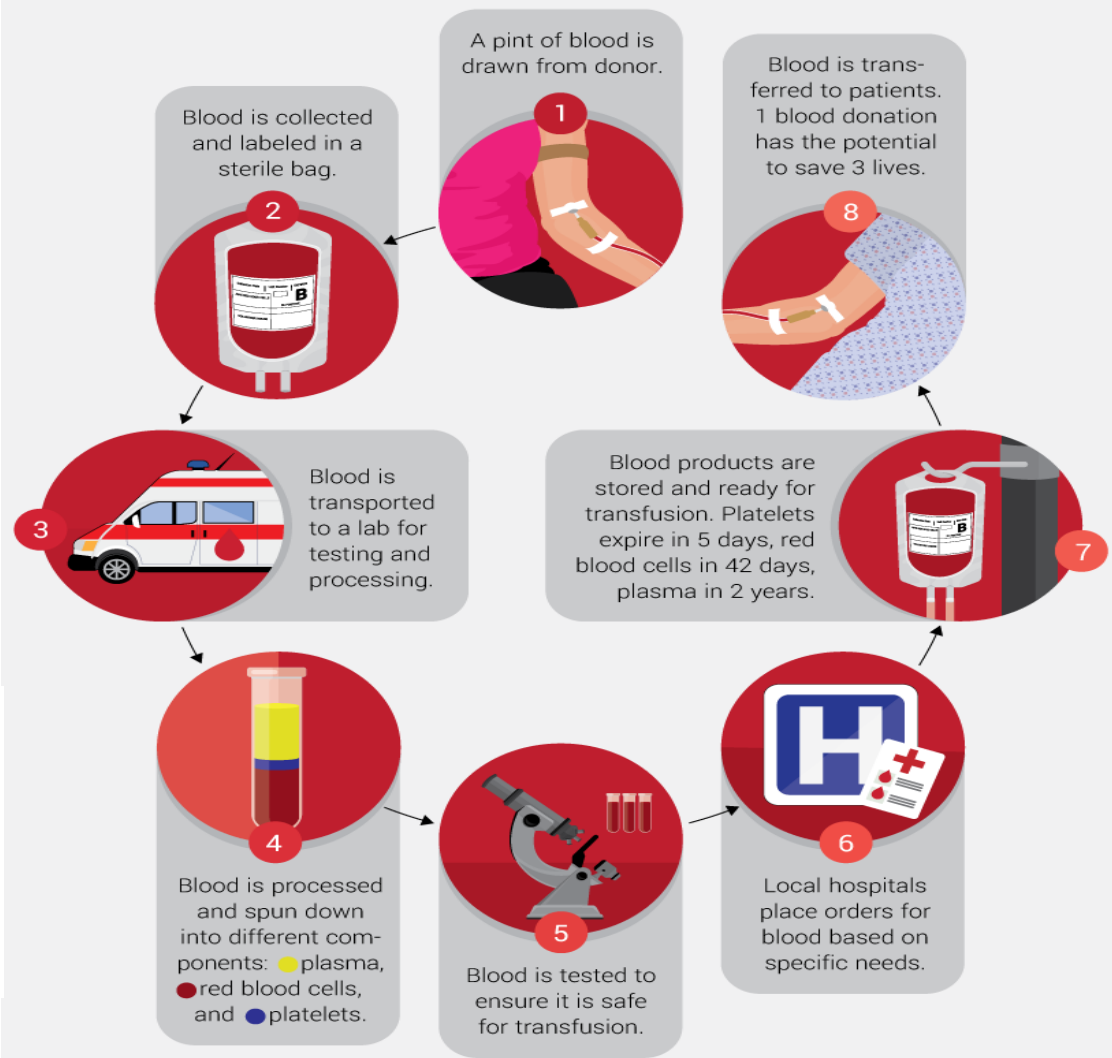
Are you the type to save a life?

# THEME

The DIS Blood Drive, which commenced in 2015, is an initiative by EmiratIs and expatriates to propagate the importance of lending a hand to anyone in need. It amplifies the beauty of being able to give back, and contribute to the community on a large scale, through the simple act of donating just over 400ml of blood. Moreover, it is a manifestation of our union amidst diversity. The DIS Blood Drive is not only inclusive to the DIS Community. It welcomes all. This is why the Blood drive has been successful in many ways, from clarifying misconceptions to inspiring each and everyone to unite for causes and matters of both local and global significance. With that said, it is with extreme joy and gratitude that we welcome you to the DIS Blood Drive. Circulate the gift of life!

EVERY drop COUNTS.  
GIVE blood TODAY!

## What Happens to Donated Blood?



The chosen theme for this year's Blood Drive is rooted from the legacy of our founding father, Sheikh Zayed bin Sultan Al Nahyan. We believe that through the theme, "Good deeds last forever", we are able to remind each and everyone to be an epitome of coexistence; and to continuously seek the desire to lend a hand. It is with immense fulfilment to manifest the Sheikh's desire to build a progressive society that benefits everyone and to raise a society with care for each other. After all, by Sheikh Zayed's words, the real spirit behind progress is the human spirit. It is precisely because of this human spirit that we unite under, and for, the Green and Red and White and Black.



# DID YOU KNOW?

- Donating blood lowers your cancer risk
- 1 donation can potentially save up to 3 lives
- Someone needs blood every two seconds
- About 1 in 7 people entering a hospital need blood
- Blood donation by 1% of the population can meet a nation's most basic requirements for blood.
- Coconut water can be used as substitute to plasma in emergency
- A newborn baby has about one cup of blood in his body
- Blood makes up about 7 percent of your body's weight

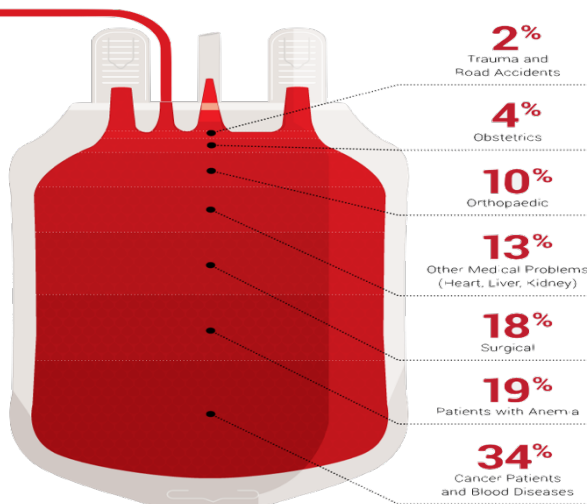
# PRIOR TO DONATING

- Be well rested, and keep yourself hydrated.
- Avoid taking up aspirin.
- Ensure that you eat a good meal before the donation. Eat Iron-rich foods.
- Avoid doing any vigorous exercise or heavy lifting the day of your donation.
- In the hours leading up to your appointment, avoid certain activities that may hurt your chances of donating or contaminate your blood.
- Wear a shirt with sleeves that you can roll up above your elbows.

# AFTER DONATING

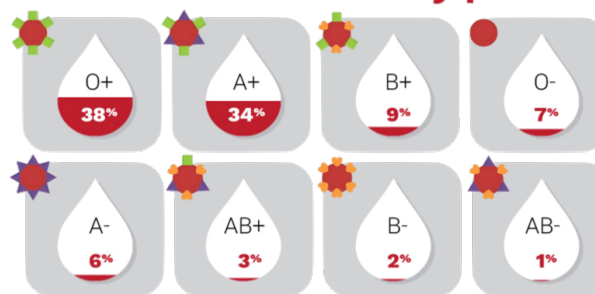
- ✓ Keep the strip bandage on for the next several hours; to avoid a skin rash, clean the area around the bandage with soap and water.
- ✓ Don't do any heavy lifting or vigorous exercise for the rest of the day.
- ✓ Drink an extra four (8 oz.) glasses of liquids
- ✓ If the needle site starts to bleed, apply pressure and raise your arm straight up for 5-10 minutes or until bleeding stops.
- ✓ Keep eating iron-rich foods.

## What is Donated Blood Used For?



# FUN FACT

## How Rare is Your Blood Type?



# THANK YOU !

**Thank you** for taking out time from your busy schedule to become a valuable part of the small percentage of the world donors. Your act of noble kindness of volunteering in the blood donation will serve as an inspiration to other people. We extend our sincerest gratitude to you for donating blood and for becoming an instrument to someone else's second chance. We hope to see you in the next one, Keep the human spirit alive!