

## **Blood Donation Camp**

A Blood Donation Camp is organized by the Red Ribbon Club and N. S. S. Unit of Parvatibai Chowgule College in association with Hospicio Hospital, Margao on Wednesday, 17<sup>th</sup> November 2021 in Psychology lab A-117 (quadrangle) from 09:00 a.m. onwards

### **Appeal to students and staff to take part in the camp.**

N. S. S. volunteers are requested to participate (Volunteer and/or Donate Blood) in the Blood Donation Camp.

### **The General Guidelines for donors are as follows:**

1. The donor should have proper dinner and 6 hours sleep the previous night without any alcohol consumption and also should have proper breakfast at least 45 minutes prior to the blood donation. However, a person can donate blood only after 48 hours of alcohol consumption.
2. Person who is under any type of medication, pregnant women and women who are breast feeding and menstruating are not eligible. However, only after 48 hours of medication, a person can donate blood.
3. Person who is suffering from any type of allergies, Cold, fever, High Blood Pressure and diabetes are also not eligible.
4. Anybody undergone of any type of Surgery during last six months and person who have donated blood in the preceding 90 days are also not eligible to participate.
5. A person can donate blood only after 14 days of COVID vaccination.
6. A COVID-19 patient can donate blood only after 28 days from full recovery.
7. A person after donating blood can take vaccine only after 24 hours.
8. All the candidates will be screened by the doctor in charge before Blood Donation.
9. All the Donors will get a Blood Donors Card on the Same Day and Grouping card will be sent later after 15 days.

**RRC Convenor and N. S. S. Programme Officers**