

## **YOUR ACT CAN SAVE A LIFE**

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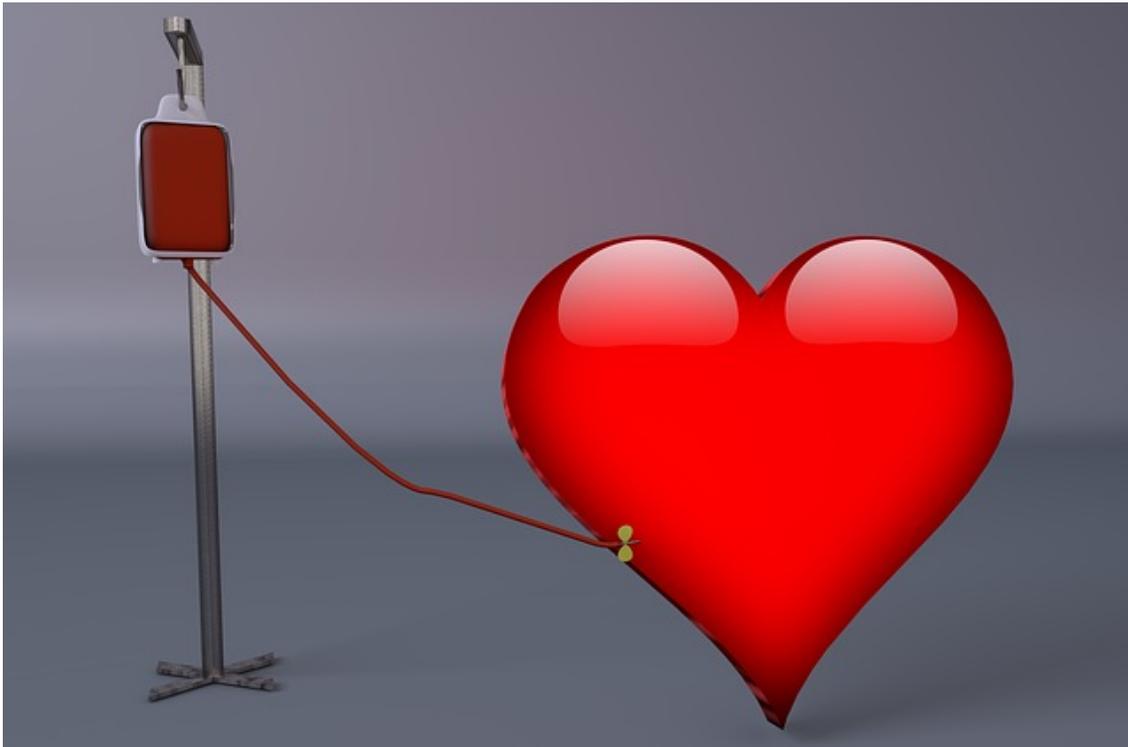
In this life, we have a choice.

When you woke up this morning, did you think today will be a day to save another person? In fact, saving lives is easy, it only takes a little time. You don't even need to be a doctor or a paramedic. You just need to set aside about an hour to donate blood. Seize the opportunity to become a saviour.

Every 2 seconds, someone needs blood. Donating blood can help people who have experienced disasters or emergencies. These includes people who have lost blood during a major surgery, or gastrointestinal bleeding; women who had serious complications during pregnancy or

childbirth; and people with cancer or severe anaemia sometimes caused by thalassemia or sickle cell disease.

The World Health Organization (WHO) have stated around 15.9 million units of blood is collected region-wide annually, but that is inadequate as around 18 million units is required. This means, to achieve this demand, regular donations should be encouraged, especially from the younger generation.



The process of donating blood is simple. Many people perform this process while reading a chapter of a new book or planning for the future. Indeed, the time it takes to donate blood is extremely short, and it can bring lifelong happiness to the recipient. Remember to consume juice, sugary drinks or food at the end of the process to maintain acceptable blood sugar levels. Then, raise up your head knowing there's a life out there that's about to be saved by you.

The blood donation process can be divided into four steps.

Firstly, register at the counter and fill out a form. Just don't lie. Tell the truth. If you are HIV positive or have any serious illness, please tell the truth.

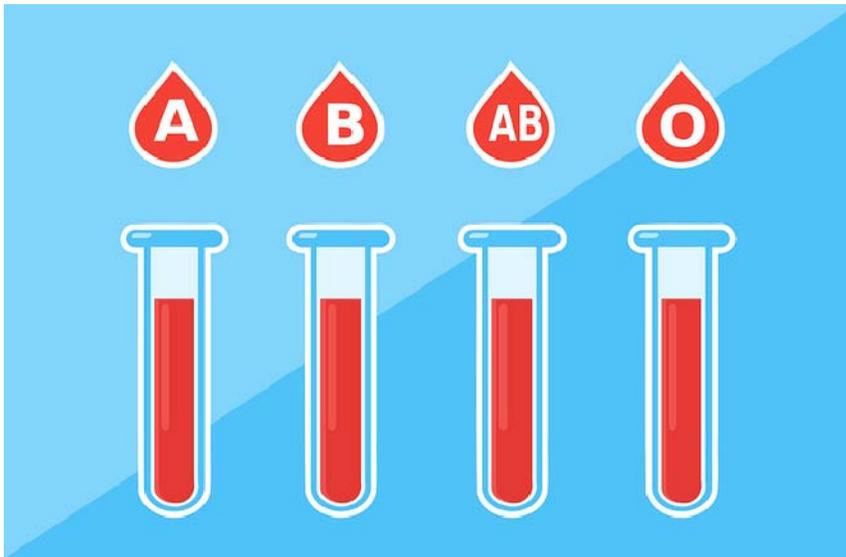
Secondly, do a medical history and physical examination.

Thirdly, you can start your blood donation meeting.

Finally, after the meeting, have a moment to relax, for at least 10 minutes and consume refreshments, and most importantly take a deep breath. This is because your body is still unstable from the procedure, take this time to regain your composure.

The whole process usually takes about 1 hour and 15 minutes. However, that is just a rough estimate, each person's time will be slightly different, depending on several factors, including the donor's health history and frequency of donating blood.

But remember, if your blood test is positive for the following pathogens, HIV-1, HIV-2, Human T Lymphovirus (HTLV)-I, HTLV-II, Hepatitis C virus, Hepatitis B virus, West Nile virus (WNV), and Treponema pallidum (syphilis), your request to donate blood will be denied.



Rumours says that if we donate blood, we will lose our blood forever and will not gain any benefit. Yes, indeed you are losing your blood. But your blood will be replaced within 48-72

hours. The decrease in the number of red blood cells in your body will force the bone marrow to produce new cells. That will make the body healthier, stronger and fresh! To the donors, you are a very lucky person. You are the chosen one. Not everyone has the opportunity to donate blood. Some people can't do it due to illness, or not passing all the checkmarks required.

Donating blood will not only be able to save one's life but it also can benefit the donor. Start your action with these small steps now.