

**For immediate release**

**Not all Heroes Wear Capes -You Too Can Be a Lifesaver. Donate Blood.**

**Western Cape - 2 July 2024:** The Western Cape Blood Service (WCBS) continues to celebrate their blood donors as the unsung heroes. With July's theme, "Not all Heroes Wear Capes", we would like to highlight that anyone, regardless of their background or profession, can be a hero by becoming a blood donor.

WCBS are experiencing the impact of the winter season and school holidays, as group O - negative are under pressure as there is only a 3-day supply left. "As we are currently in the middle of winter and school holidays we encourage everyone to help support the many patients who need blood or blood products during this period," says Marike Carli, Public Relations Manager at WCBS.

**Blood Donation Process: What to Expect**

The whole process of donating blood usually takes no more than 30 minutes. Donors will always have to complete the confidential donor questionnaire before they donate. Their details are captured or verified on our system and a fingerpick test is done to check their haemoglobin levels. For women, it needs to be - 12.5g/dl and for men 13.5g/dl. After this, a medical screening is done by one of our professional nurses, and each donor's blood pressure and pulse is checked. Donors can collect their blood bag and proceed to the donation bed, where they will donate a unit of lifesaving blood. After donation donors are encouraged to sit for a while and enjoy some juice and cookies (on us).

**Basic Donor Criteria:**

- You need to be between 16 and 75 years old,
- Weigh 50kg or more,
- Be in good general health,
- Live a safe sexual lifestyle.

Donors are advised to eat a substantial meal within three to four hours before visiting a clinic and to increase their fluid intake before, during, and after donation.

"Remember, you don't need to wear a cape to be a hero. Become a blood donor today and save up to three lives with one donation," Carli added. Donors who successfully donate a unit of blood during July will receive a WCBS hero-inspired pair of socks. For more information or to find your closest blood donation clinic, please visit [www.wcbs.org.za](http://www.wcbs.org.za), download the WCBS App, or send a WhatsApp to 060 549 7244.

Do something remarkable: donate blood.

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Western Cape Blood Service NPC | Pr. No: 7800045 | Reg. No: 1943/016692/08

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**Distributed by the Western Cape Blood Service**  
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### About the Western Cape Blood Service (WCBS)

WCBS is a non-profit regional health organisation, dedicated to collecting blood from voluntary blood donors, and providing the safest blood products and efficient service to the community, while operating at the highest professional and ethical standards and remaining a viable organisation.

WCBS work without prejudice to supply safe blood and blood products to all communities in the region, from Cape Town all the way up to George. It's our goal to deliver a world-class blood service in the Western Cape.

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