

For immediate release

Giving is in my blood - Donate Blood.

Western Cape - 1 September 2024: The Western Cape Blood Service (WCBS) calls on the public to donate blood this September with, their Heritage month theme of “Giving is in My Blood”.

In keeping with the spirit of giving and Heritage Month, each donor who successfully donates a unit of blood will receive South African themed heart-shaped photo magnet as a token of appreciation when they successfully donate.

“Thank you to all our Western Cape Blood donors for bracing the call during winter to ensure that we have enough blood stock. We would like to appeal to you to keep donating blood as we enter Spring.



About the Blood Donation Process

Donors begin with a confidential questionnaire and verify their details. A fingerpick test checks your haemoglobin level, ensuring it meets the required 12.5g/dl for women and 13.5g/dl for men. A professional nurse conducts a medical screening, checking your blood pressure and pulse. Donors then proceed to donate a unit of life-saving blood, followed with delicious juice and biscuits to refuel lost fluids.

 www.wcbs.org.za  info@wcbs.org.za

George
Medical Centre, Courtenay Street
PO Box 65, George, 6530
T: 044 874 2074 / F: 044 874 6097

Paarl
26 Zandwyk Industrial Park, Old Paarl Road, Paarl, 7646
PO Box 422, Paarl, 7620
T: 021 871 1031 / F: 021 872 5945

Worcester
26 Napier Street, Worcester, 6850
PO Box 194, Worcester, 6849
T: 023 342 2450 / F: 023 342 7556

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

Directors: GRM Bellairs, NB du Toit, N Dhevcharran, A Huggett, CF Ingram, EC Johannes, VJ Louw, UD Mungal-Singh, DM Ndebele, M Moyo, PK Slack, PJC Veldhuizen (Chairman). Company Secretary: Themis Commercial Legal Advisors (Pty) Ltd

Basic Donor Criteria:

- Age between 16 and 75 years
- Weigh at least 50kg or more
- Be in good general health
- Live a safe sexual lifestyle Donors are also advised to eat a meal 3-4 hours before donating and to stay well-hydrated before, during, and after donation.

For more information or to find your closest blood donation clinic, please visit www.wcbs.org.za, download the WCBS App, or send a WhatsApp to 060 549 7244.

Distributed by the Western Cape Blood Service
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