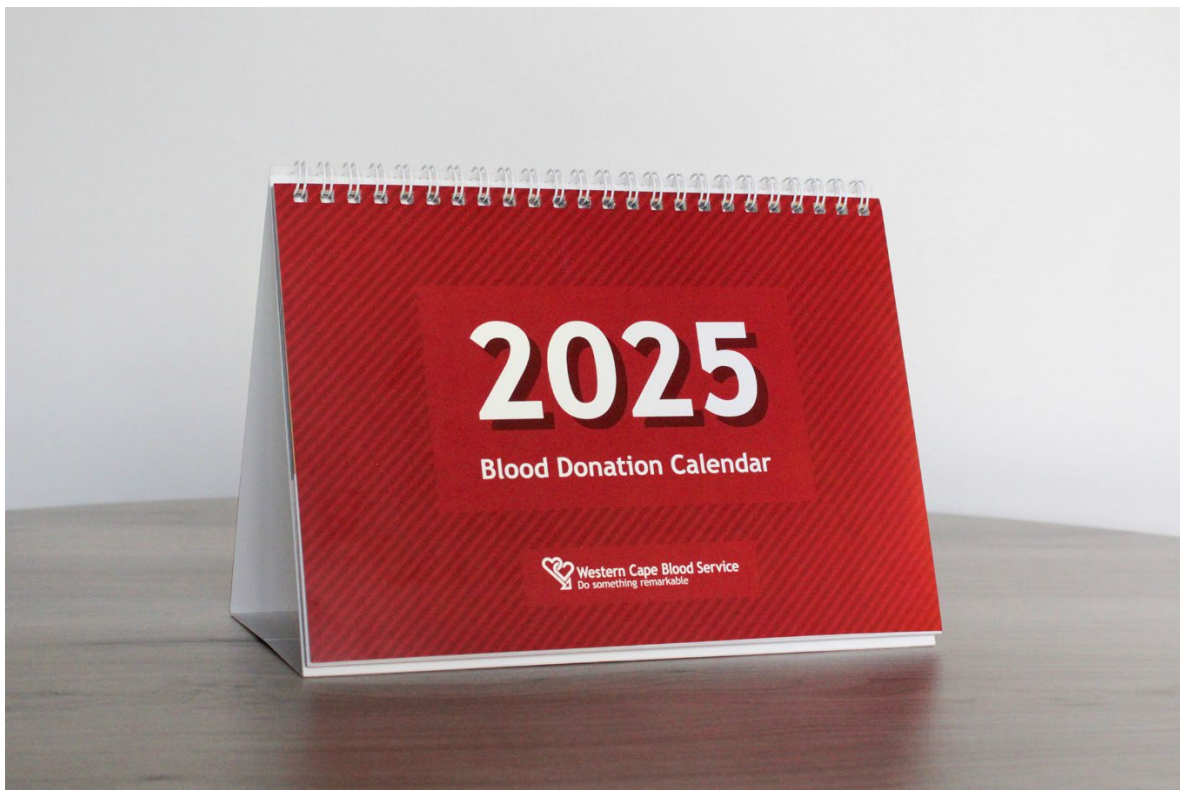


For immediate release

Western Cape - 1 October 2024: October marks Plasma Awareness Month celebrating the crucial role plasma plays in providing life-saving transfusions for patients in need. For many patients, plasma is a lifeline – essential for survival. Plasma donations are often necessary for people with chronic conditions requiring regular transfusions which include, trauma, bone marrow failure, cardiac surgery, sickle cell disease and many more. Without these donations, their chances of survival are slim.

The Western Cape Blood Service (WCBS) highlights the importance of blood or plasma donations with their ‘Give someone a lifeline,’ campaign where a single act of donation can make a difference.



The Donation Gift for each successful donor: 2025 Flip Calendar

“We are excited to welcome all new and loyal donors this October; it is truly their blood and plasma donations that are a lifeline to patients desperately in need,” says Michelle Vermeulen, Head of the Marketing and Public Relations Department at WCBS.

 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

Blood donation takes just 30 minutes and can save up to three lives by breaking whole blood into three products: red blood cells, plasma, and platelets—giving up to three patients a second chance at life. [Plasma donation](#) takes about 40min as this process, separates the plasma from your red blood cells which is then returned to your body.

About the Donation Process

Donors begin with a confidential questionnaire and verify their details. A finger prick test checks their haemoglobin levels, ensuring they meet the required 12.5 g/dl for women and 13.5 g/dl for men for whole blood (plasma donation requires a haemoglobin level of between 12 g/dl and 16 g/dl). A professional nurse conducts a medical screening, checking blood pressure and pulse. Donors then proceed to donate a unit of life-saving blood, followed by delicious juice and biscuits to replenish lost fluids.

Basic **Blood** Donor Criteria:

Age between 16 and 75 years
Weigh at least 50 kg
Be in good general health
Live a safe sexual lifestyle

Basic **Plasma** Donor Criteria:

Age between 18-65 years old
Weigh at least 55kg
Be in good general health
Live a safe sexual lifestyle
You need easily accessible veins

Donors are advised to eat a meal 3-4 hours before donating and to stay well-hydrated before, during, and after donation.

Where can you donate plasma?

Plasma donation is available on appoint at the following fixed donation centre from 09:00 - 17:00 during the week.

- Blue Route Mall
- Kenilworth Shopping Centre
- Long Street
- N1 City Shopping Centre
- Cape Gate Shopping Centre

Some donation centres offer additional days or different times that may be confirmed directly on our website.

“Thank you to all our loyal donors for your commitment and generosity throughout the year and for giving of yourselves so selflessly,” says Vermeulen.

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.

 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

Distributed by the Western Cape Blood Service
Michelle Vermeulen, Head of Marketing and Public Relations Department
0718563625 | Michelle.v@wcbs.org.za

 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