

# How much do you know about blood donation?

- 1 I can donate blood at any age.
  - True
  - False
- 2 When I donate blood, I am at risk of acquiring blood-borne diseases such as HIV, hepatitis B and C.
  - True
  - False
- 3 The amount/volume of blood collected at one time is:
  - 450 millilitres
  - 1 litre
  - 5 litres
- 4 How often/regularly can I donate blood?
  - Every 4 months
  - Once a year
  - Every 2 years
- 5 Before giving blood, I should:
  - Eat my normal meal or snack
  - Drink lot of fluids
  - Not drink, not eat
- 6 The needle prick sensation I will experience during blood collection is very painful.
  - True
  - False
- 7 The safest blood for transfusion comes from:
  - Voluntary, unpaid donors
  - Family, replacement donors
  - Paid donors



**Your blood saved my life**  
**Share life, give blood**

Go to the World Health Day website for the answers:  
<http://www.who.int/campaigns/world-blood-donor-day/2016/quiz/en/>

**World Blood Donor Day**  
Blood connects us all. 14 JUNE 2016

