

Donate Blood, Save a life!

Blood Donation Drive

Blood Donation Campaign 捐血运动



Tempat : Ruang Legar, Aras 2,
Cheras LeisureMall
Tarikh : 22 Mei 2010
Masa : 11.00 pagi - 5.00 petang

Organized By



Brought To You By

AVEM GROUP OF COMPANIES

YOU ARE ELIGIBLE TO DONATE BLOOD IF:

1. You are in good health today
2. You are between 18 - 60 years of age
3. You weight is above 45 kg
4. You have more than 5 hours of sleep
5. You are free from any medical problems eg. High blood pressure, heart disease, diabetes, operation < 6 months, migraine, flu, fever etc.
6. You have not taken any antibiotics recently.
7. You have taken a light meal before donating blood
8. You are not involved in any of the following activities
 - Homosexual relationship
 - Bisexual relationship
 - Multiple sexual partners
 - You have sexual contact with those mentioned above
 - Drug abuse
9. Your last donation is more than 3 months ago

捐血者须知

1. 身体健康
2. 年龄足十八岁以上
3. 体重超过45 公斤
4. 睡眠足五个小时
5. 无病痛如高血压, 糖尿病
6. 近期没有服用药物如抗生素
7. 请用餐后才捐血(不要吃过饱)
8. 如果您是下列人士, 请不要捐血:
同性恋者, 双性恋者, 滥交者,
注射毒品者, 与上述人士有性关系者
9. 离最后一次捐血须超过三个月