



**Canadian
Blood
Services**

BLOOD
PLASMA
STEM CELLS
ORGANS
& TISSUES

**NextGen
Lifeline**
STUDENTS RECRUITING
DONORS TO SAVE LIVES

Founding sponsor



Being part of **Canada's
Lifeline** means you have
the opportunity to make
a lifesaving difference.

Together, with your friends
and loved ones, you can make
a positive impact for those
who live, work and play in your
community and across Canada.



Kaitlyn,
NextGen Lifeline volunteer



Impacts of COVID-19

The arrival of the COVID-19 pandemic introduced a wave of fear, uncertainty and concern that has affected every aspect of life in Canada. We recorded a significant drop in blood donations due to venue cancellations and other unforeseen issues.

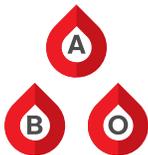
As hospitals resume procedures that were put on hold for COVID-19, we are adding more blood donation appointments to meet patient needs. Now, more than ever, we need blood donors to help fill every available appointment.



To help us meet the rising need, we're working on extending our hours and adding more donation appointment slots.



Appointments must be booked in advance as we are unable to welcome walk-in donors in our centres at this time.



All blood types are needed and everyone who can are encouraged to donate blood. Encourage a family member, friend or colleague to book an appointment to donate blood.



Appointment spots have often been harder for us to fill over long weekends. While 'staying home' and discovering your own city this summer, we encourage you to make donating blood part of your long weekend plans. Find a donor centre near you at blood.ca/donate.



If you're in general good health, we need you to book and honour your appointment to help patients this week, this month and throughout the year.

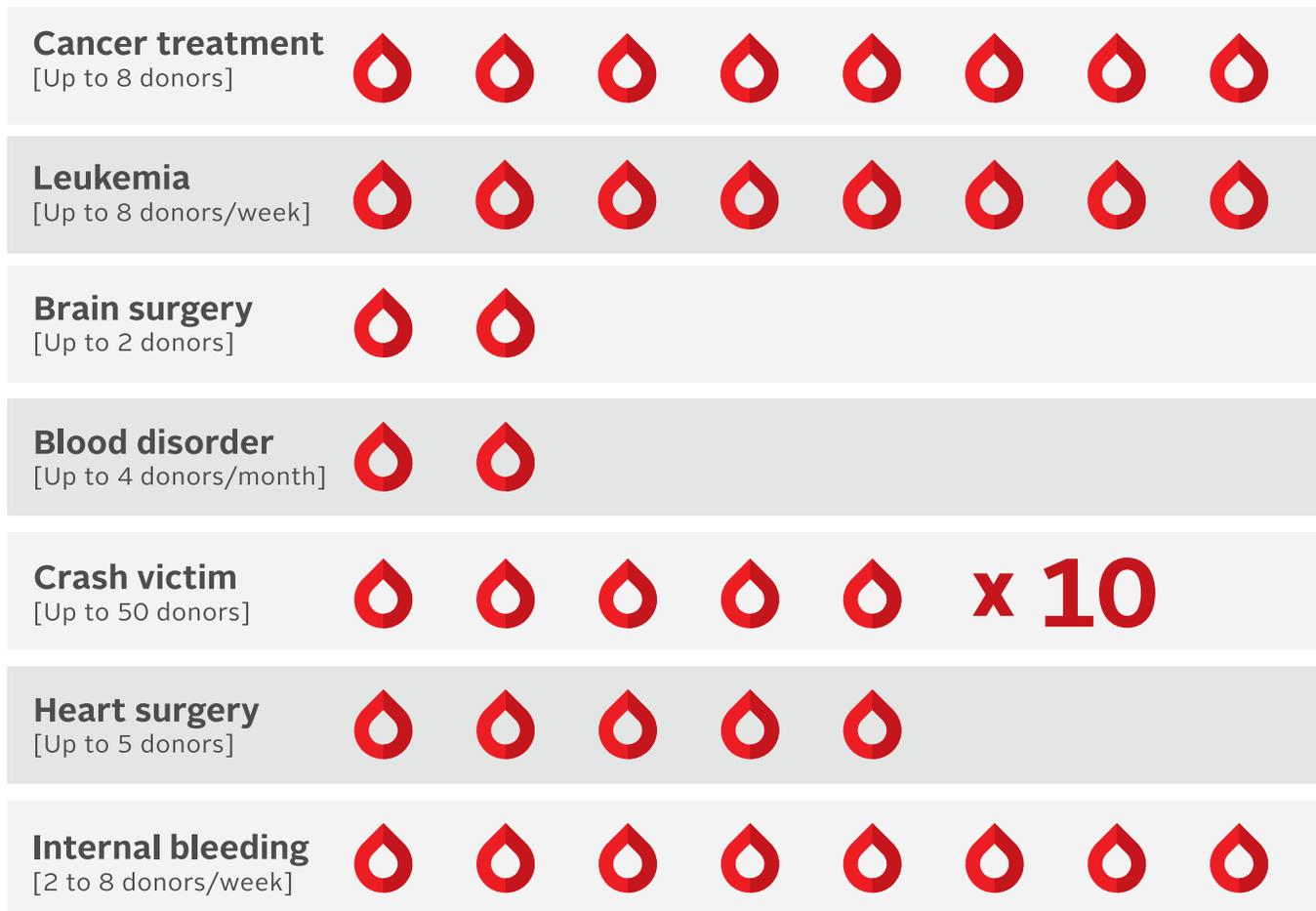
Book now at blood.ca, on the [GiveBlood app](#) or call **1 888 2 DONATE** (1.888.236.6283).

How blood donation saves lives

Over 100,000 new donors are needed every year to meet patient needs across Canada. All blood types are needed, and all eligible donors are encouraged to donate regularly.

One blood donation from a single donor equals one unit of blood.

It often takes more than one generous donor to help treat a patient:



What's in your blood?

Every component has a job to do...

Red blood cells carry oxygen throughout the body. It is used in emergency surgeries, cancer treatments and treatments for other diseases and disorders.

Plasma is the protein-rich liquid in blood that supports the immune system, control bleeding and treat a growing number of illnesses and injuries including: kidney disease, nervous system disorders, severe burns and more.

White blood cells protect the body from infection.

Platelets help control bleeding. It is used to help treat patients with bleeding disorders and cancer.



Am I eligible?

Let's find out! If your response is a “yes” to the following statements, you may be able to donate. Please note that final eligibility is determined by a Canadian Blood Services representative at the time of your appointment. Learn more about the eligibility requirements at blood.ca/am-i-eligible



I have not had a tattoo or piercing in the last 3 months.

If you have, please come back after three months



I have not been pregnant or had a baby in the last six months.

17+

I am over 17 years old.



I have not resided in the UK, France or Saudi Arabia from 1980 to 1996? Or Western Europe from 1980 to 2007?



I have not travelled outside Canada or the continental USA in the last 12 months.

If you have, please check country list



I am not taking prescription medications.

(please check acceptable prescription list or call 1 888 2 DONATE before continuing)

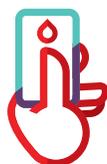


I weigh more than 110 lb.



I have not had a cleaning or a filling in the last 24 hours or dental surgery in the last 72 hours.

The blood donation process



Before you donate...

- Drink lots of water, eat a healthy meal (avoid fatty foods) and had a good night's sleep
- Bring you government-issued ID or Canadian Blood Services ID



At the donor centre...

- Check in with one of our team members
- Complete the donor questionnaire and interview
- You will be provided with 500 ml. of water to drink and a salty snack to have before your donation
- Sit back, relax and donate



After you donate...

- We will apply a pressure bandage to your arm
- We will ask you to do muscle tensing exercises
- We will encourage you to stay for at least 15 minutes,
- Rehydrate and enjoy a snack in our refreshment area after you donate

FAQS about blood donation

Q How long does the donation take?

A Plan to spend about one hour at the donor centre. The blood donation itself takes about five to ten minutes.

How much blood is taken in each donation?

Every person's body contains about five litres of blood (or 10.5 pints). Approximately 450 ml (one pint) of blood is drawn during a single blood donation. The needle is new, sterile, used only once and then discarded.

How do I book an appointment?

You can book your donation appointment right now on our website **blood.ca**, on the **GiveBlood app** or by calling **1 888 2 DONATE**.

How do I book an appointment for a group?

You can book a block of appointments for a group of people to donate together by calling **1 888 2 DONATE**. It's a meaningful team-building retreat – bringing your colleagues together to save lives.

How will I feel after the donation?

Most people feel great. By drinking fluids and eating salty snacks before and after, you will maintain your blood volume and improve your donation experience. You can then return to your normal activities such as work and school. Avoid strenuous exercise for six to eight hours following your donation. And don't forget to keep on drinking extra fluids for the next 24 hours.

How long does it take for your body to replace the donated blood?

The plasma portion of your donation is replaced within hours and the platelet portion within days. Red blood cells can take months to replenish.

Can I donate if I consume cannabis or alcohol?

You are still eligible to donate blood if you consume cannabis or alcohol, however, any evidence of intoxication or inability to give an informed consent will prevent you from donating.

For more information on eligibility and blood donation FAQs, visit **blood.ca**. If you are ever asked a question where you don't have a proper response to, please direct your enquirer to call **1 888 2 DONATE** (1.888.236.6283) for a valid answer.

Together, we are Canada's Lifeline

Patients rely entirely on the generosity of donors to keep **Canada's Lifeline** going. If every blood donor in Canada encourages a family member, friend or colleague to donate blood, just imagine the impact it could have on patients across Canada.

We are asking you to join **Canada's Lifeline** and help us get others to join too.

Book now at blood.ca
or on the [GiveBlood app](#)

