GIVING BLOOD SAVES LIVES!

You are invited to take part in the annual blood donation drive organized by the Hungarian Red Cross, at CEU:

**Date and Time:** Monday, February 1, 2016, from 10:00 a.m. to 3:00 p.m.
**Place:** TIGY Room (Nador 11, Room 006, ground floor, entrance through courtyard)

How to donate blood – in a few easy steps!
The Red Cross Blood Donation process takes approximately 35-40 minutes.

1. **Registration** – you will be asked to present one from each of the following three categories:
   a) Official ID or driver's license or passport
   b) Residence card or residence permit
   c) TAJ card or EU health insurance card (blue) or your national social security card
   (Original documents are required!)

2. Upon registration, you will be provided with **mineral water and a chocolate wafer.**
   In order to avoid dizziness, please, consume them before your blood is taken.

3. Following this you will be asked to **respond to a brief questionnaire** about your general state of health.
   All information collected is confidential and stored at the Hungarian National Blood Transfusion Service database.

4. Next, you will be given a **simple blood test** to determine whether you are eligible to be a blood donor.

5. If you are able to donate blood, a **doctor will also ask you a few questions and take your blood pressure.**

6. Finally, in order to give blood, you will be asked to **lie down on a comfortable bed while your blood is drawn into a sterile bag.** This process takes about 5-8 minutes, and you may (recommended) remain lying down for an additional 5 minutes.

**Note:** Since eating something is also recommended after donating blood, you will receive a 500 HUF meal ticket.

* **All refreshments, food items, and the food voucher are provided by the Hungarian Red Cross**