

IF YOU GIVE BLOOD, YOU SAVE LIVES!

We invite you to take part in the annual blood donation organized by the Hungarian Red Cross at CEU:

Date and Time: Monday, February 3, 2014, from 10:00 am to 3:00 pm

Place: TIGY Room (Nador 11. room 006, ground floor, entrance in 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 form of identification from each of the following 3 categories:
 - a) Official ID/driver's license/passport
 - b) Residence card/residence permit
 - c) TAJ card/EU health insurance card (blue)/your national social security card (original documents only please, for first time donors)
- 2** Upon registration, you will be given mineral water and a chocolate wafer.* Having food in your blood helps you to avoid dizziness, so, if you donate blood, this will help you feel better afterward.
- 3** Following this you will be asked to respond to a brief questionnaire about your general state of health. All information collected will remain confidential.
- 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 then ask you a few questions and take your blood pressure.
- 6** Lastly, 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 remain lying down for an additional 5 minutes.
- 7** 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