

SMALL STEPS TO
BUILD A STRONGER
COMMUNITY!



ABOUT 'ONE MORE STEP'

For many patients in Singapore, blood is the gift of life. For example, leukaemia patients require regular transfusions during treatment and patients with blood disorders need a blood transfusion once every 3-4 weeks. That's why it's vital that blood donation isn't just a one-off activity, but a regular commitment.

No matter where we're at on our blood donation journey, One More Step reminds us of the power of our individual actions and how each of us can contribute a little more towards creating a culture of good.

Every small step we take to build a community of blood donors will mean a lifetime of difference for patients-in-need.



READ UP ABOUT
BLOOD DONATION



DO THE
ELIGIBILITY QUIZ



BOOK AN APPOINTMENT
AT A BLOOD BANK OR
MOBILE BLOOD DRIVE

Call 6220 0183
or visit redcross.sg



BRING A FRIEND
TO YOUR NEXT
BLOOD DONATION



SHARE INFO ON BLOOD
DONATION WITH A
FAMILY MEMBER



DO A SHOUT-OUT OF
YOUR SUCCESSFUL
DONATION EXPERIENCE
ON SOCIAL MEDIA



PREPARE FOR YOUR
BLOOD DONATION
by drinking lots of water and
eating iron-rich foods



ORGANISE A GROUP
DONATION ACTIVITY
WITH YOUR COLLEAGUES
OR KAKIS



CHECK WITH YOUR HR
DEPT ON ORGANISING
BLOOD DRIVES AT
YOUR COMPANY



VOLUNTEER, CONTRIBUTE,
OR ADVOCATE FOR THE
NATIONAL BLOOD PROGRAMME!

INTRODUCING

BLOOD BUDDY

NAME: Blood Buddy

AGE: 15

BORN: 2005, Singapore

PROFESSION:

- ◆ Blood Donation Advocate
- ◆ Mascot for the National Blood Programme

DESCRIPTION

Blood Buddy is the voice of encouragement that pops up when we need a gentle nudge to take that next step forward in our blood donation journey. It reminds us that the power to save lives is in our hands, so long as we bravely take the next step.

CHARACTER TRAITS

- ◆ Cheerful and encouraging
- ◆ People person
- ◆ Committed to a good cause
- ◆ Passionate

HOBBIES

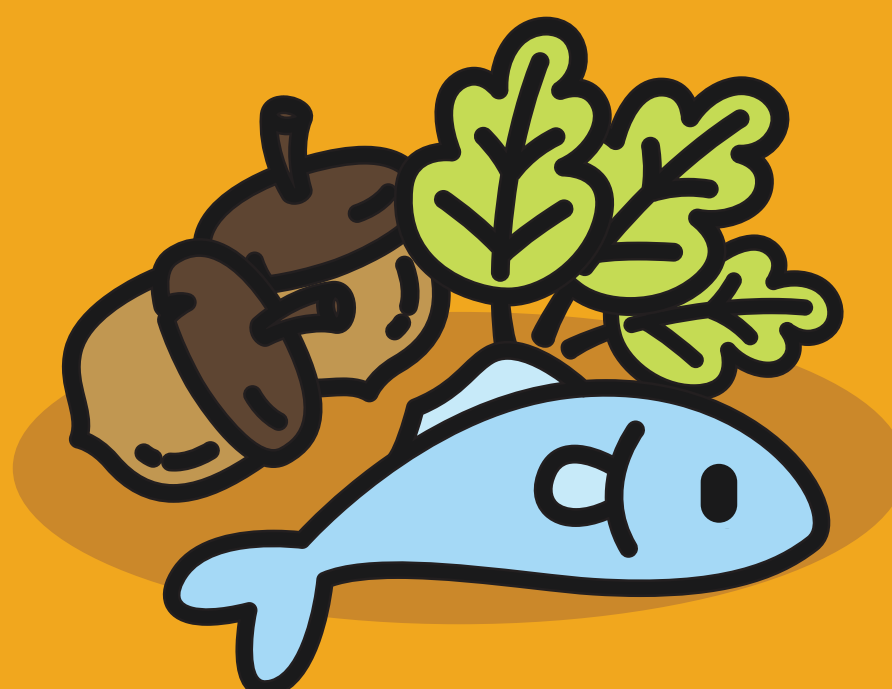
- ◆ Loves meeting new people
- ◆ Spending time with loved ones
- ◆ Helping those in need
- ◆ Enjoys a good adventure from time to time



THESE ARE A FEW OF ITS FAVOURITE THINGS:



#FriendsofBloodBuddy



Iron-rich foods like
nuts, fish and spinach



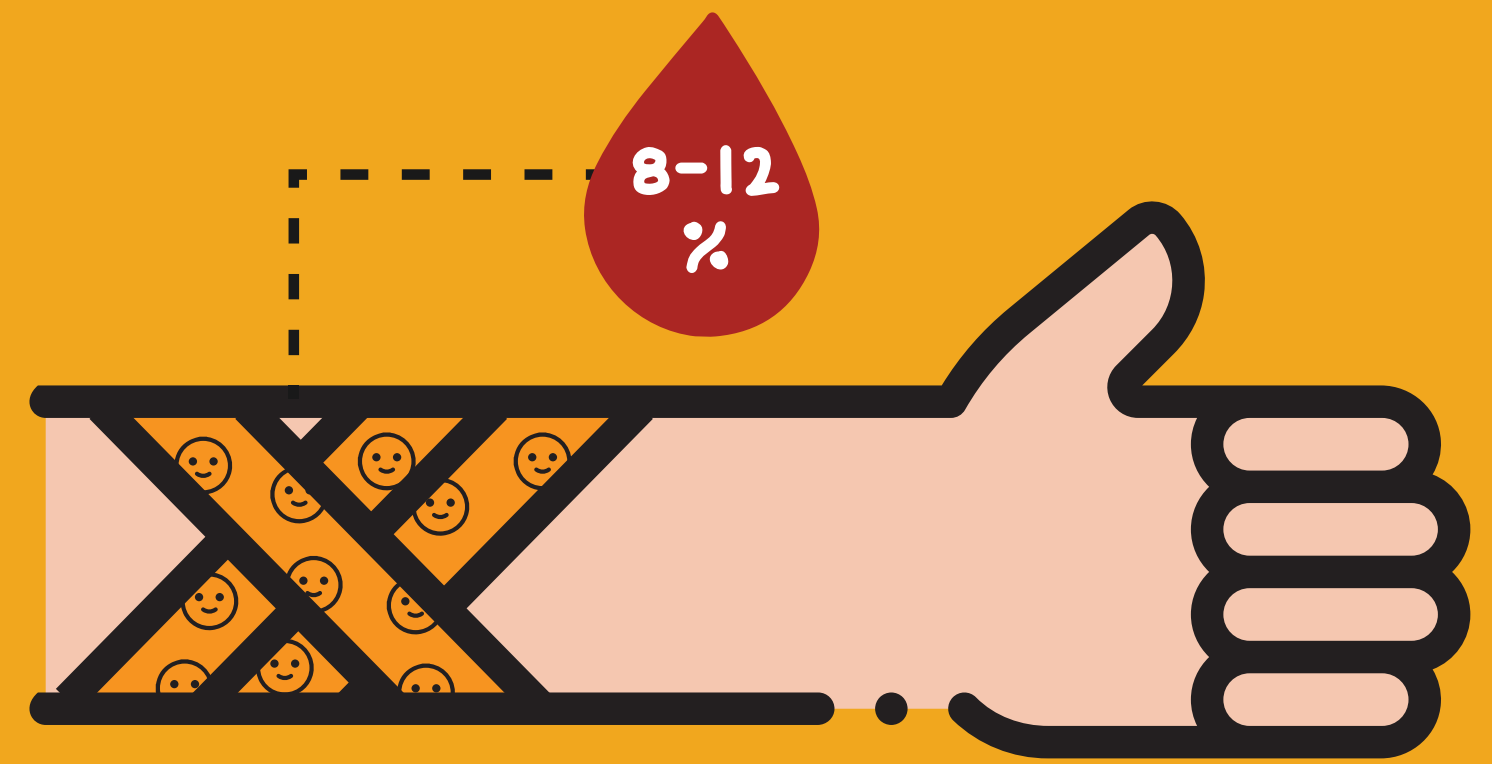
Post-donation
refreshments

5 GOOD REASONS TO DONATE BLOOD



BLOOD DONATION KEEPS OUR NATION SAFE

We must ensure that Singapore has a sufficient and sustainable supply of safe blood. Keeping our blood stocks healthy ensures that we are prepared for medical or civil emergencies.



WE LOSE NOTHING BY GIVING BLOOD

Only 8 to 12% of your total blood volume is taken for your blood donation. With adequate hydration, your blood volume will return to normal in 3 days. Meanwhile, your donation would have saved three lives!



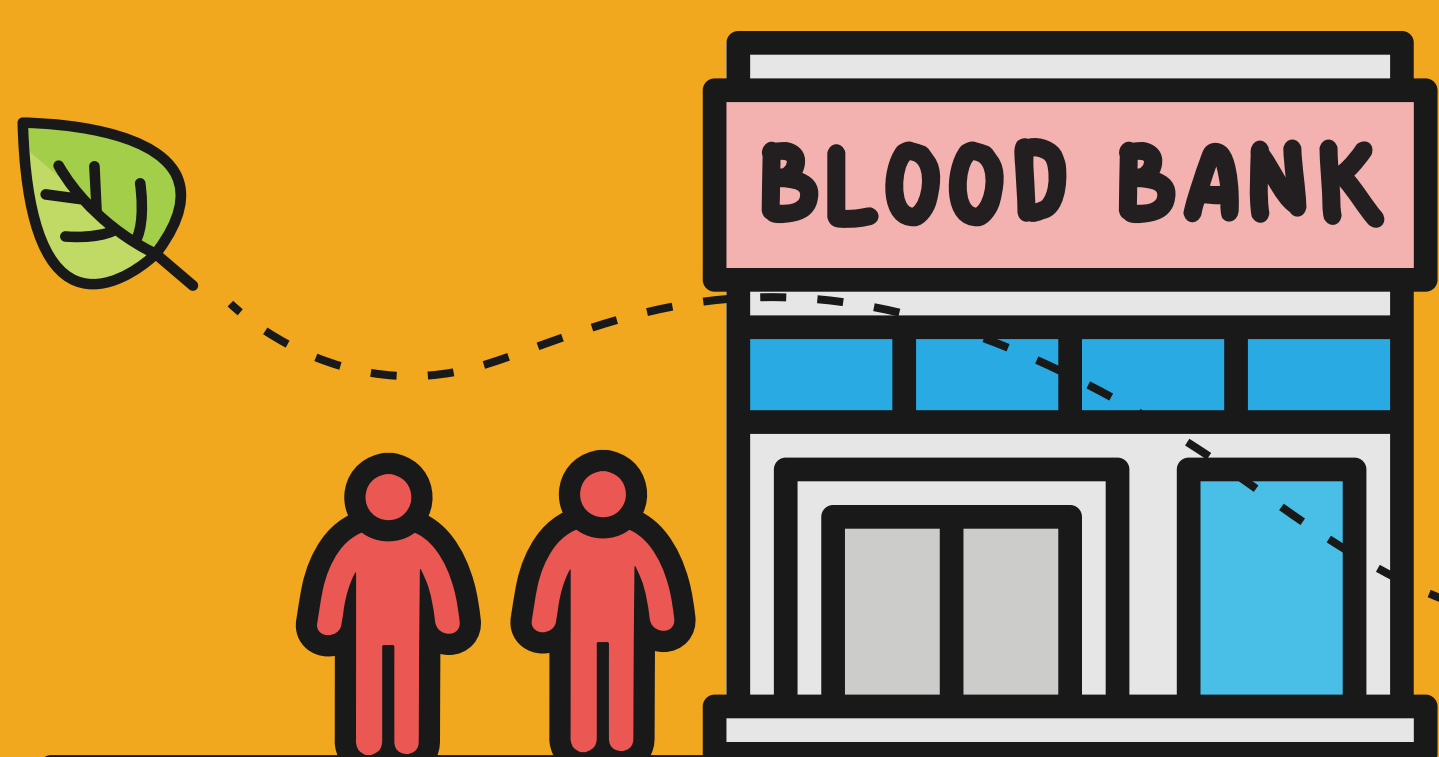
A LIFELINE FOR MANY PATIENTS

The blood you give could save the life of a woman suffering from birth complications, revive and sustain a child with severe anemia, support an emergency surgery, or provide critical support during a public health crisis.



THE POWERFUL ACT OF GIVING

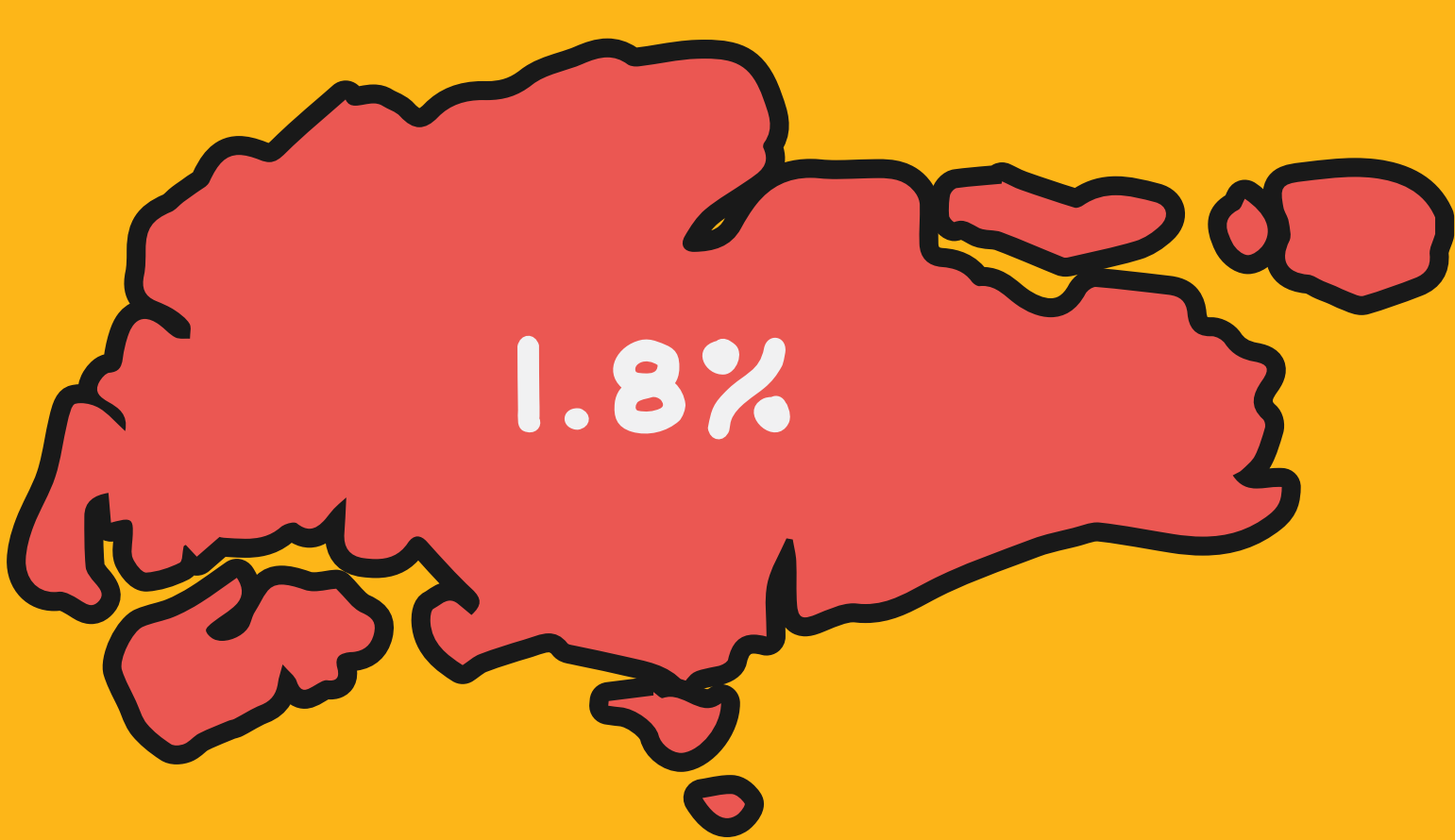
Giving blood is a uniquely powerful act. Voluntary donation is one of the most basic expressions of human solidarity possible.



TOO FEW PEOPLE DONATE BLOOD

Less than 2% of our residential population donates blood. Blood donation is a collective responsibility. It's up to us to step up and save the lives of others in our community.

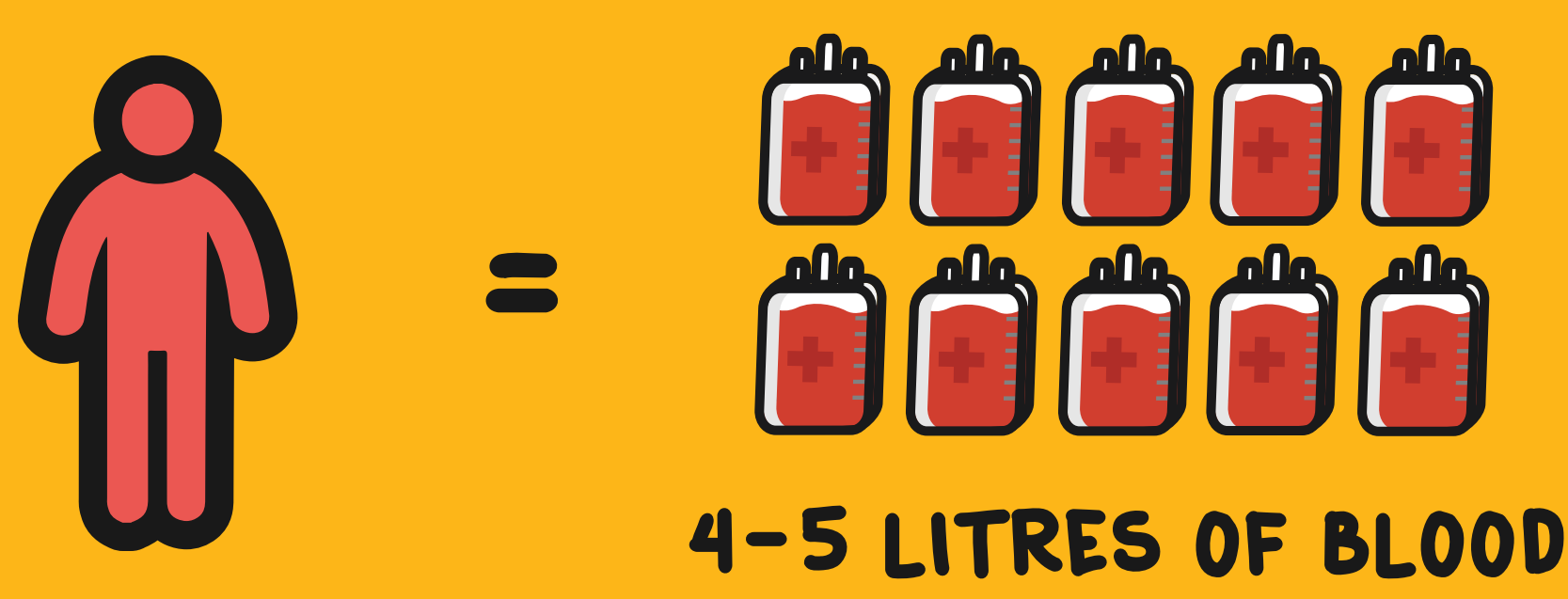
BLOOD DONATION FUN FACTS



Only 1.8% of Singapore's residential population donates blood.



BLOOD DONATION IS SAFE

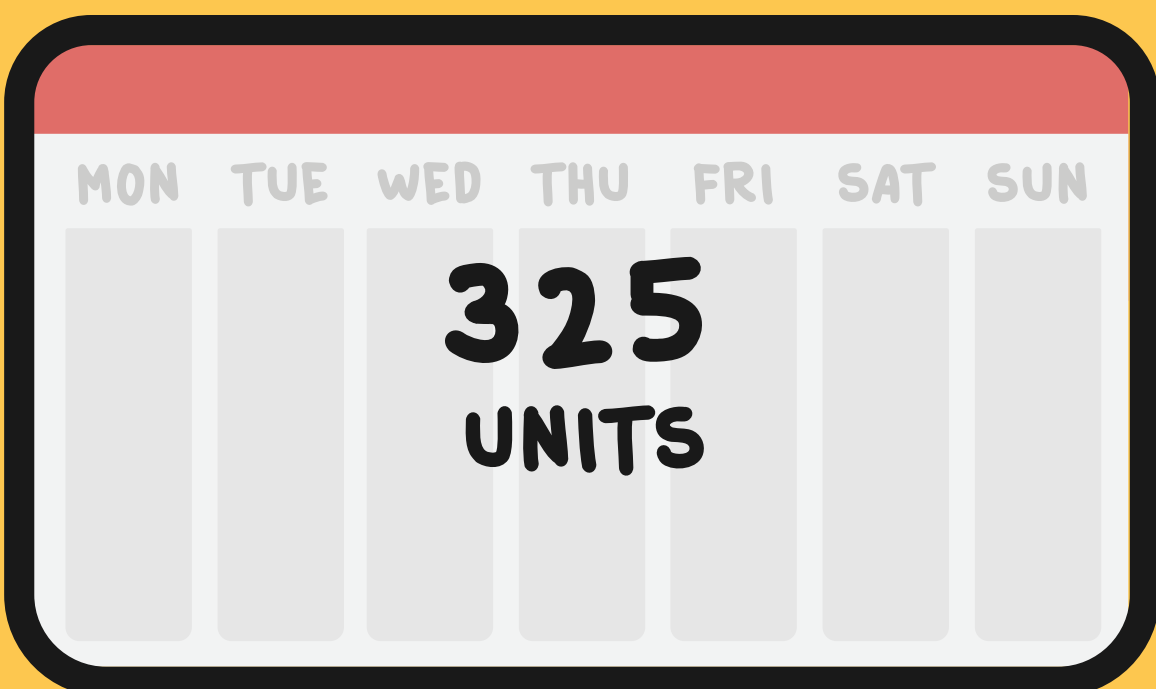


The average adult has 4 to 5 litres of blood. During donation, 350 to 450ml is drawn. That's just 8 to 12% of the total volume of blood in your body.

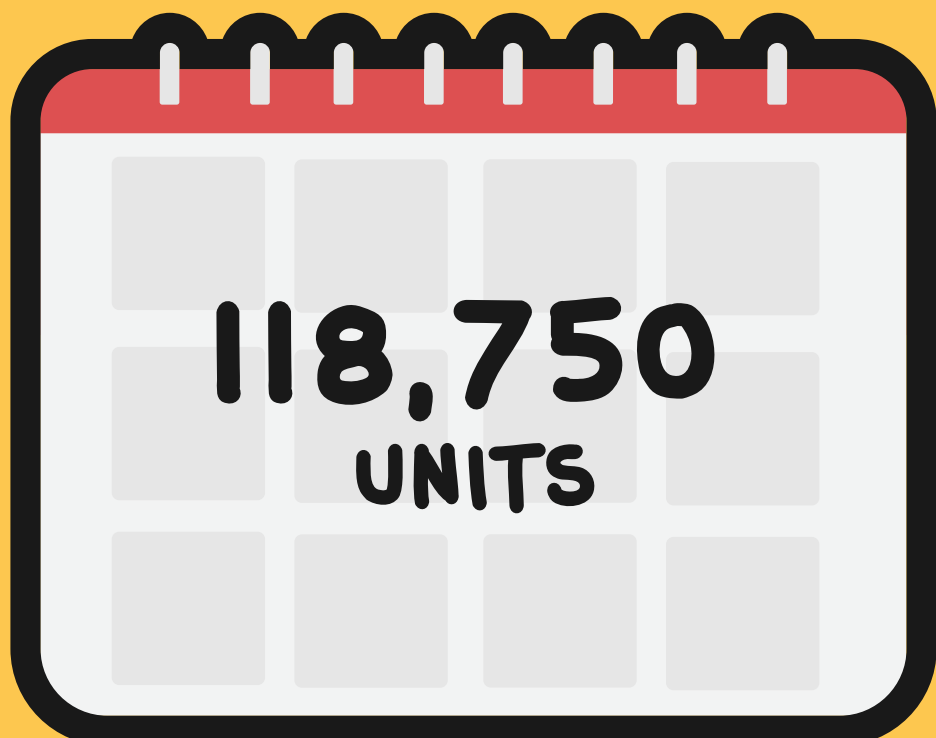
HOW MUCH BLOOD IS NEEDED IN SINGAPORE?



per hour



per day



per year

ANNUAL ESTIMATE OF SINGAPORE'S BLOOD USAGE



Surgery
(including heart surgery)

54%



**General
Medicine**

31%



Haematology
(blood diseases)

9%



**Accident &
Emergency**

6%

All statistics are accurate as of 2021

HOW SHOULD YOU PLAN FOR YOUR NEXT DONATION?

We encourage donors to plan their next donation by taking note of the following:

DONATION INTERVALS

For whole blood donations, there is a waiting period of 12 weeks before you can make your next donation.

For apheresis donations, the waiting period is 4 weeks.

Find out more at:



HOLIDAY PERIODS/ LONG WEEKENDS

Blood stocks tend to dip during long weekends and holiday periods. Consider scheduling your donation during holiday periods and long weekends. This would ensure that our blood stock levels remain at healthy levels at times when many regular donors may not be available.

COVID-19 VACCINE

The blood bank has implemented a new blood donation eligibility guideline for donors who received a Covid-19 vaccine and the deferral period may vary depending on the type of vaccine received or if you developed symptoms after receiving the vaccine.

Find out more at:



TRAVEL

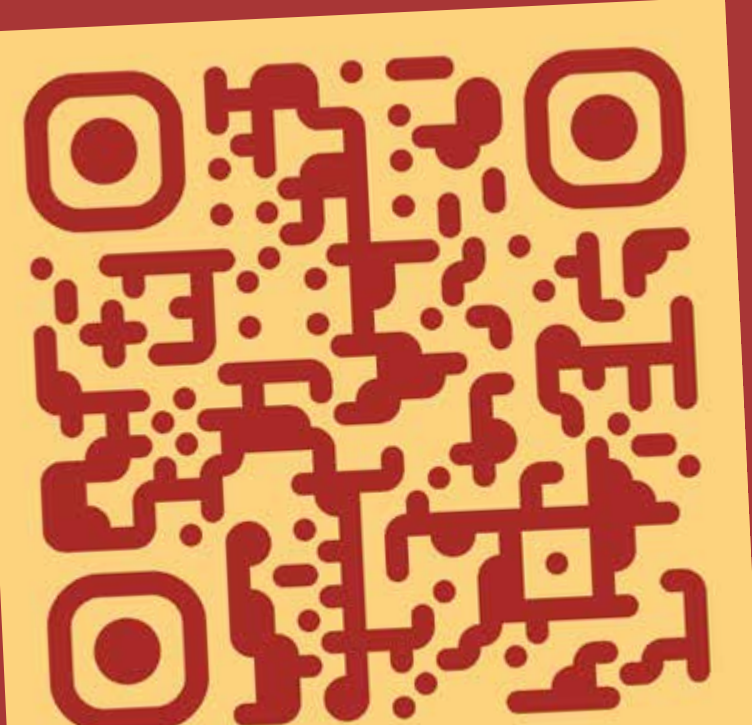
Some travel destinations have different deferral periods for blood donation. Consider donating blood before you travel. For example, if you stayed overnight at certain locations such as Bangladesh, Batam, Bintan, India and rural areas of Indonesia and Thailand, there is a deferral period of 4 months.

Find out more at:



WHEN SHOULD YOU NEXT DONATE BLOOD?

Scan this QR code to add your next appointment into your phone's calendar now!



ADD TO CALENDAR

Welcome to our community of blood donors in Singapore!

For many patients in Singapore, blood is the gift of life. For example, leukaemia patients require regular transfusions during treatment and patients with blood disorders need a blood transfusion once every 3-4 weeks. That's why it's vital that blood donation isn't just a one-off activity, but a regular commitment.

We hope to see you again in 12 weeks!



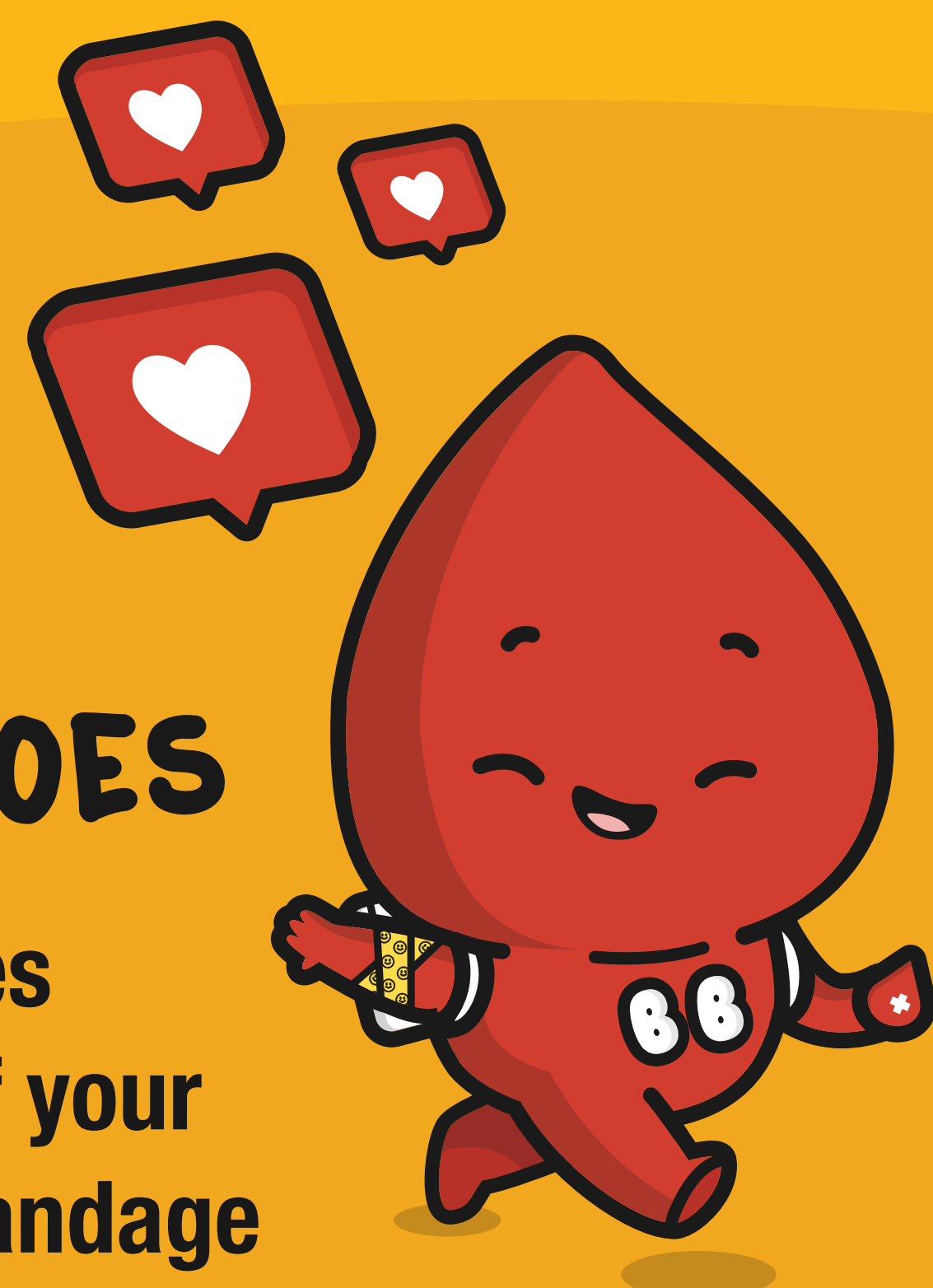
BB AND OUR BLOOD BENEFICIARIES THANK YOU FOR YOUR LIFE-SAVING CONTRIBUTION!

I have always been a part of the patient support group while waiting for a heart transplant. Fast forward a few years now, I am still a part of the patient support group, as a new me, with my new heart. I'm now able to walk the wards and take care of my fellow patients. This is only made possible with the precious gift of life that my organ and blood donors have given to me. Thanks to them, I will walk the wards for as long as my heart beats.

- Serene Lee, Blood Beneficiary

JOIN THE #BANDAGEHEROES

Join the #BandageHeroes by snapping a picture of your iconic blood donation bandage and tagging us at @sgredcross!



POST-DONATION CARE



Rest at least 20 minutes at the blood bank after donation.



Drink plenty of water or non-alcoholic drinks after donation.



Do not smoke for at least an hour after donation.



To prevent bruising and to promote healing at the needle site, you need to avoid lifting or carrying heavy items for at least 12 hours.



Continue to hydrate yourself throughout the day to help your body replenish the donated blood.

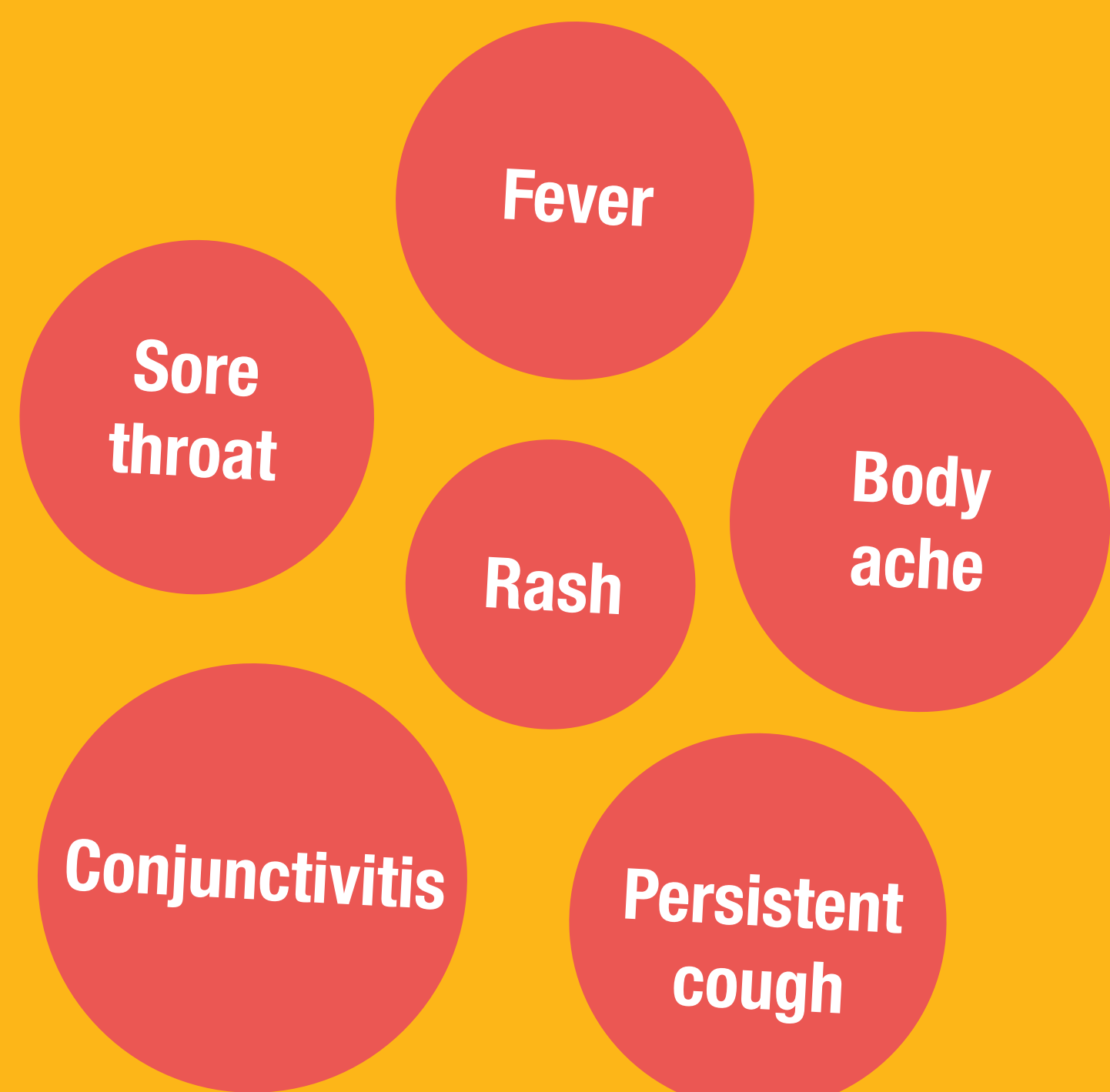


Avoid standing for long periods and strenuous exercise for 24 hours.

Call the blood bank immediately at 1800-226 3320 (24-hours) if:



You feel that we should not give your blood to a patient.



You develop any of the above symptoms.

Woodlands Civic Centre (Opposite Causeway Point)
900 South Woodlands Drive #05-07 Singapore 730900

Opening hours:
Monday, Wednesday to Friday: 12pm to 8pm
Saturday and Sunday: 10am to 5pm
Tuesdays and Public Holidays: Closed

Dhoby Xchange (Near Exit B) #B1-05 to B1-10
11 Orchard Road Singapore 238826

Opening hours:
Monday to Wednesday, and Friday: 12pm to 8pm
Saturday and Sunday: 10am to 5pm
Thursdays and Public Holidays: Closed



Westgate Tower (Jurong East MRT Station, Exit D, walk through Westgate) 1 Gateway Drive #10-01 to 10-05 Singapore 608531

Opening hours:
Monday and Tuesday: 12pm to 8pm
Thursday and Friday: 12pm to 8pm
Saturday to Sunday: 10am to 5pm
Wednesdays and Public Holidays: Closed

Health Sciences Authority (Opposite Outram Park MRT Station) 11 Outram Road Singapore 169078

Opening hours:
Tuesday to Thursday: 9am to 5pm, Friday: 9am to 8pm
Saturday: 9am to 4.30pm, Sunday: 9am to 4.30pm
Mondays and Public Holidays: Closed

 **For information on mobile blood drives, head to:**



If you wish to be a blood mobile organiser with the National Blood Programme, send us an email at donate.blood@redcross.sg for more info.

CONTACT US
6220 0183
donate.blood@redcross.sg

Remember to bring Identification documents - NRIC / Work Permit / Passport / Donor Card for your next donation!

