

Changia Damu.
Okoa maisha.



ASANTE

KWA KUOKOA MAISHA LEO

Tafadhali zingatia yafuatayo;

Pumzika katika eneo la kuchangia kwa dakika 15

Usiondoe plasta uliyowekewa. Acha kwa saa 3

Endapo utaona damu inaendelea kutoka, inua mkono wako juu ya usawa wa kichwa mpaka damu itakapoacha kutoka

Pendelea kutumia (vitu vya maji maji/ vinywaji) zaidi kwa muda wa saa 24 na upate chakula bora (mlo kamili) kwa mlo unaofuata

Kama utajisikia kizunguzungu inamisha kichwa chako katikati ya magoti au lala chimi ukielekeza miguu juu

Unaweza kuendelea na shughuli zako za kawaida baada ya kumaliza kinywaji chako. Tunakutahadharisha usifanye shughuli zitakazosababisha mwili kuchoka sana k.m kucheza mpira, kukimbia, gwaride) n.k

Tunakukaribisha uchangie damu tena ili kuhakikisha damu inakuwepo hospitalini wakati wowote, mlete rafiki yako, ndugu au mwezi wa ndoa ili mshiriki kwa pamoja kuokoa maisha

Unaweza kuchangia damu tena kila baada ya miezi minne katika kituo cha damu salama au hospitali yoyote iliyo karibu nawe inayotoa huduma ya damu



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**Donate Blood.
Save Lives.**



THANK YOU FOR SAVING A LIFE TODAY

Please look after yourself by;

Remain in the donor area for at least 15 minutes

Leave the arm bandage in place for 3 hours. If you experience bleeding, put pressure on the site and elevate your arm above your head until the bleeding stops.

Drink more fluids than usual for next 24 hours and eat heartily at your next meal

If you get dizzy, sit down and put your head between your knees or lie down with your legs elevated

Normal activities may be resumed when you are finished with your refreshments. Please avoid strenuous activities e.g (football, parade, and marathon)

Please donate again to ensure there is enough blood for every one every time, including you

Visit us after 4 months and donate again to keep blood bank full

Please bring a friend, relatives or your spouse along next time



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