

ACES YPC
invites you to join us for

BLOOD DONATION DRIVE 2021

Blood donation is essential to save lives in times of emergencies and to sustain the lives of those with medical conditions. ACES YPC would like to play our part in giving back to the community and we would like you to join us as well! This initiative will last throughout the year.

How to join?

*We will be organising to go in small groups starting from March. Look out for our emails and follow our instagram account (@aces_ypc) for more information! Or if you want to donate at your own timing, do use our code **P1005** when you make an appointment with the bloodbank.*

A gift straight from your heart

ACES-YPC Blood Donation Drive 2021 ACES Blood Donation Code: P1005

General eligibility criteria

To donate blood, you must:

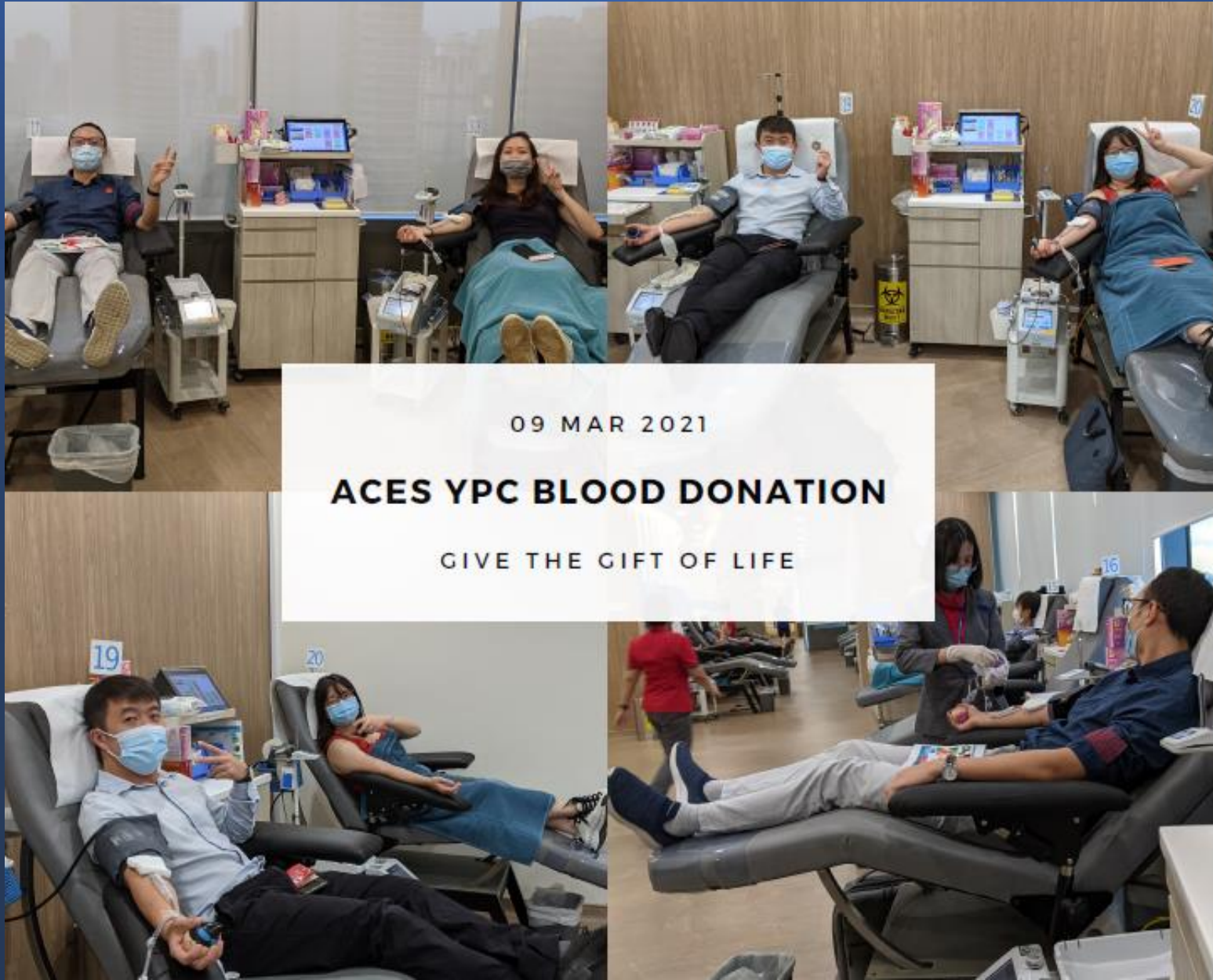
- Be in general good health.
- Not have had any symptoms of infection e.g. sore throat, cough, runny nose or diarrhoea for at least 1 week.
- Not have had a fever in the last 4 weeks.
- Not have taken medication, herbal supplements or traditional herbal remedies for at least 3 days. If you have taken antibiotics, wait at least 1 week.
- Weigh at least 45 kg.
- Have a haemoglobin level of at least 13.0 g/dl for males and 12.5 g/dl for females.
- It may be harmful to you or the recipients if you donate blood when you are not eligible to do so.

Important: You should not discontinue or stop taking medications prescribed or recommended by your physicians in order to donate blood.

Where to Donate

DONATE BLOOD AT YOUR NEAREST BLOODBANK!

<https://giveblood.sg/#where-to-donate>



09 MAR 2021

ACES YPC BLOOD DONATION

GIVE THE GIFT OF LIFE