

## 重要小貼士 Tips at a Glance

### 捐血條件

1. 健康良好
2. 年齡界乎 16 至 66 歲生日當天 (適用於首次捐血者)
3. 體重超過 41 千克(即 90 磅或以上)

### Eligibility for Blood Donation

1. In Good Health
2. Age : between 16 and the day of 66th birthday
3. Weight: Over 41 kg (90 lbs or above)

### 日常生活

- ◆ 多吃健康食物，避免吃肥膩食物
- ◆ 為幫助身體吸收鐵質，平時多吃含維他命 C 的水果和飲料、菠菜、紅肉、魚類、家禽和含高鐵質的穀類食物

### Daily Living

- ◆ Eat healthy food and stay away from fatty food
- ◆ Have more fruit and drinks rich in Vitamin C, spinach, red meat, fish, poultry and iron-high cereals to facilitate iron absorption of body

### 捐血前注意事項

- ◆ 有充足休息
- ◆ 4 小時內曾進食
- ◆ 飲用充足飲料
- ◆ 記得帶香港身份證和有效旅行證件
- ◆ 記得穿衣袖寬鬆的衣服
- ◆ 如有下列情況，可考慮安排稍後時間捐血：
  - 覺得身體不適
  - 正在接受治療或等待報告
  - 在捐血日期前兩個星期曾經發燒
- ◆ 如果正在服用藥物，請與護士清楚說明
- ◆ 留意最新離港外遊或居留而暫緩捐血的資訊

### Things-to-Note Before Donation

- ◆ Have sufficient sleep the night before
- ◆ Consume food within 4 hours before donation
- ◆ Drink sufficient fluid
- ◆ Remember to bring your HK Identity Card or valid travel documents
- ◆ Remember to wear clothing with loose sleeves
- ◆ Consider to arrange donation at another time if:
  - you do not feel well
  - you are currently under treatment or awaiting test results
  - you had fever 2 weeks before the donation day
- ◆ Notify duty nurse clearly if you are taking medication
- ◆ Take note of blood donation information related to travelling history or residence abroad

### 捐血密度（適用於全血捐贈）

- 16 及 17 歲青年人：相隔至少 150 天捐一次血，每年最多可捐三次。
- 18 歲或以上女性：相隔至少 105 天捐一次血，每年最多可捐四次。
- 18 歲或以上男性：相隔至少 75 天捐一次血，每年最多可捐五次。
- 如曾捐贈成份血(血漿或血小板)者須相隔 14 天才可捐贈全血。

### Frequency of Blood Donation (For whole blood donation only)

- Donors aged 16 to 17 can give blood three times in a year, with an interval of no less than 150 days between two consecutive donations
- Female donors aged 18 or above can give four times in a year, with an interval of no less than 105 days between consecutive two donations
- Male donors aged 18 or above can give five times in a year, with an interval of no less than 75 days between consecutive two donations
- After a plasma/platelets donation, donors must wait for 14 days before donating whole blood

### 捐血後注意事項

- ◆ 多喝飲料，捐血後 12 小時內避免劇烈及帶危險性活動運動(如潛水、攀山等)和提舉重物
- ◆ 如發現入針位置滲血，可以輕按傷口 2-5 分鐘，直至止血，覆蓋傷口的膠布可於當晚沐浴後除去
- ◆ 如捐血後感到眩暈、冒冷汗或不適，請立即坐下或躺下休息，解開衣扣，使呼吸暢順，保持鎮定，並尋求旁人協助；若情況未見好轉，請前往求醫或致電緊急求助熱線 999
- ◆ 若入針位置有瘀腫現象，是血液滲入皮下組織所致。如欲舒緩疼痛或不適，可使用冰袋敷於患處。血腫一般將一星期後消散，不會對身體造成影響
- ◆ 入針位置倘有嚴重紅腫痛楚，手掌或前臂麻痺等嚴重併發症，請即致電本中心或前往求醫

- ◆ 捐血後不適，或於捐血後四週內感染一般的傳染病如發熱、感冒等；或於捐血後 3 個月內發現患有肝炎、肺結核或瘧疾等，請於辦公時間內致電 2710 1201/ 2710 1208/2710 1298 通知中心當值醫護人員，非辦公時間可致電 2710 1210 或 2710 1234

### **Things-to-Note After Donation**

- ◆ Drink plenty of fluids, avoid strenuous exercise and dangerous sports activities (such as diving and mountaineering etc.) and heavy lifting over the next 12 hours
- ◆ Apply pressure for 2-5 minutes until the bleeding stops if the venepuncture site has any fresh bleeding. Keep the plaster on and remove it after bath at that night
- ◆ Take a seat or lie down immediately if feeling dizzy, unwell or having cold sweats. Loosen any restrictive garments and keep breathing. Remain clam, take slow and long deep breath. Seek assistance from passers-by if necessary. Seek medical consultation or call the Emergency Hotline 999 if condition does not improve
- ◆ Apply cold compress on venepuncture site if pain or discomfort occurs. Bruising may occur following blood donation if there is bleeding underneath the skin. It can happen occasionally after giving blood and should disappear on its own
- ◆ Contact us or consult a physician immediately if there is redness, swelling, pain or numbness around the venepuncture site
- ◆ Call our duty medical staff on 2710 1201/ 2710 1208/2710 1298 during office hours or 2710 1210/2710 1234 outside office hours if signs or symptoms of an infection (e.g fever, common cold, etc.) within 4 weeks after blood donation are developed, or hepatitis, tuberculosis or malaria are developed within 3 months after blood donation