

# 捐血者须知

You are eligible to donate blood, if

第 25 届



1. 身体健康  
You are in good health.
2. 年龄十八至六十岁  
You are between 18 to 60 years of age.
3. 体重超过 45 公斤  
Your body weight is above 45KG.
4. 没患高血压、心脏病、糖尿病、发高烧、感冒或六个月内没动过开刀手术  
You are free from any medical problems like high blood pressure, heart disease, diabetes, migraine, flu, fever or have had operation in less than 6 months.
5. 不涉及同性恋、双性恋、滥交、服食或注射毒品，或成为以上人士的性伴侣  
You are not involved in any of the following activities: homosexual relationship, bisexual relationship, multiple sexual partners, drug abuse or having sexual contact with those mentioned.
6. 女性不在月经来潮期间、没有怀孕也不是以母乳育婴  
You are not having period or menstrual flow. You are not pregnant or breast feeding.
7. 离最后一次捐血已超过三个月  
Your last donated blood in more than 3 months ago.
8. 捐血前一个星期内没有服用抗生素或其他药物  
You have not taken any antibiotics recently.
9. 捐血前 24 小时内不喝酒  
You have not taken alcoholic drinks in the last 24 hours.
10. 捐血前晚上睡眠超过五个小时  
You have more than 5 hours of sleep.
11. 捐血当天，未捐血前不要过饱或完全不吃  
You have taken a light meal before donating blood.