

All what you need to know about

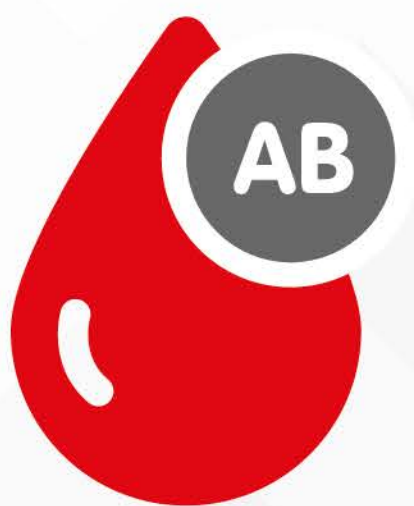
# Blood types and donating it ..





**The blood types in the human body are divided into several categories, and they differ from one person to another, and they are**

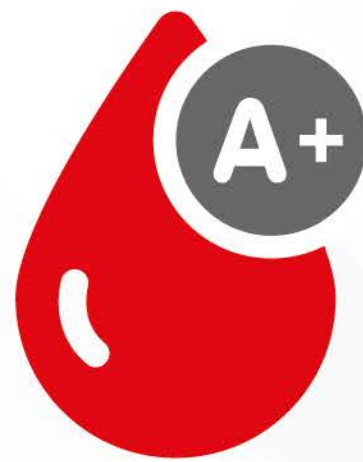
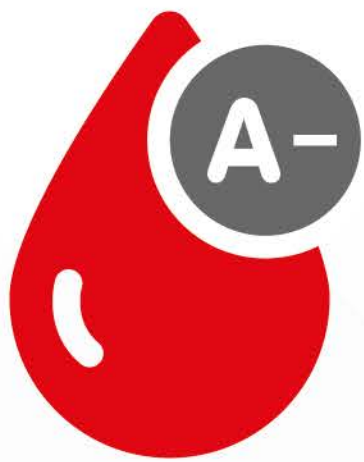
**(AB, B, A, O)**



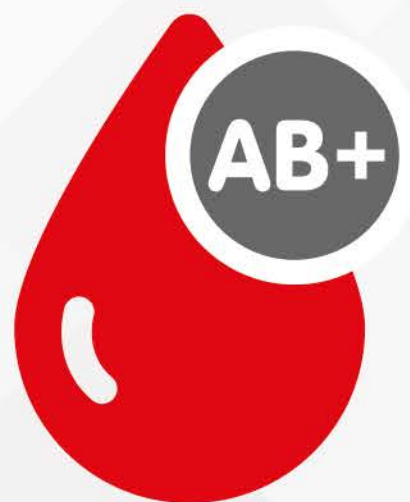


# Blood type (A+)

Takes:



Gives:

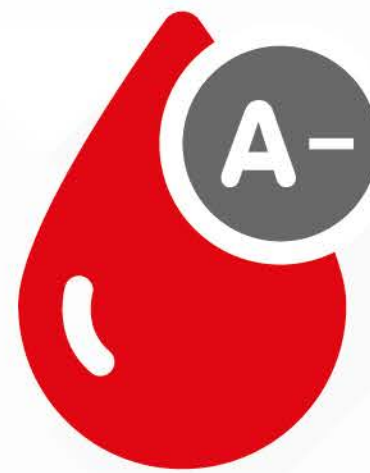




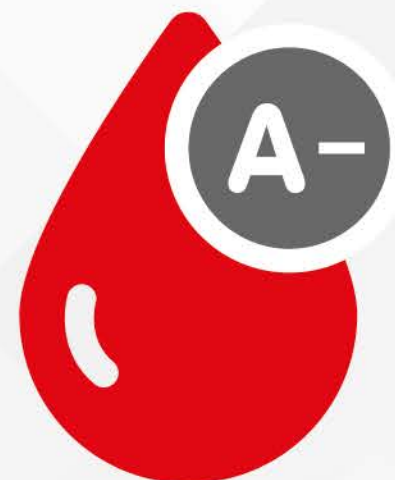
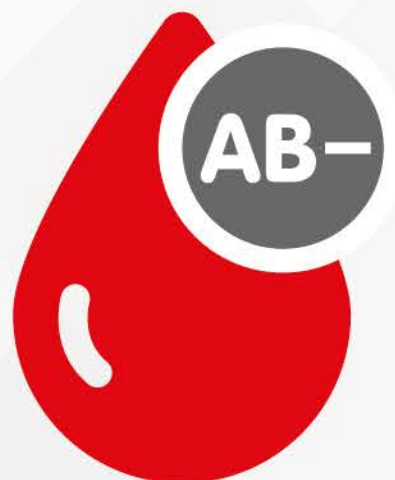
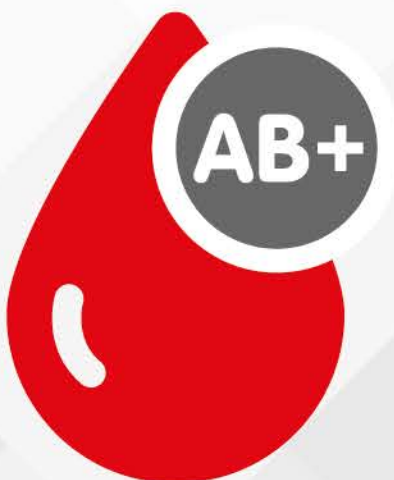


# Blood type (A-)

**Takes:**



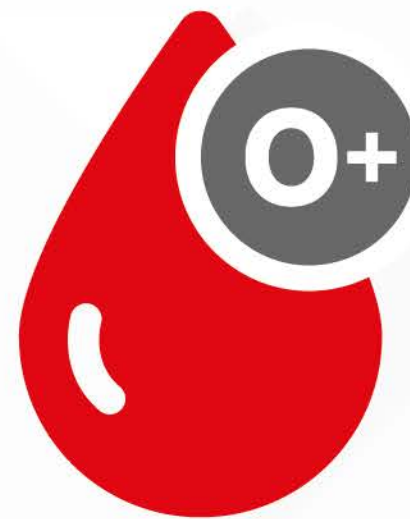
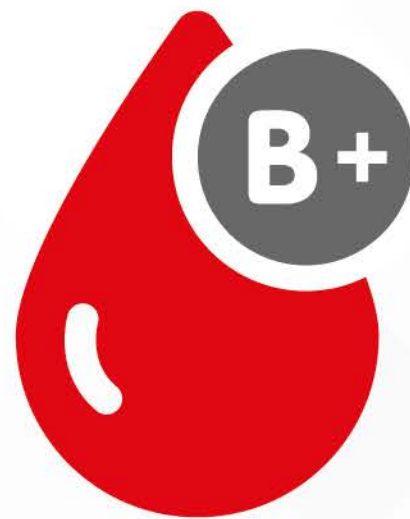
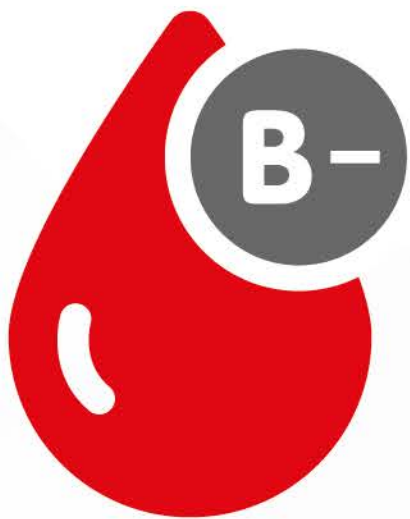
**Gives:**





# Blood type (B+)

Takes:



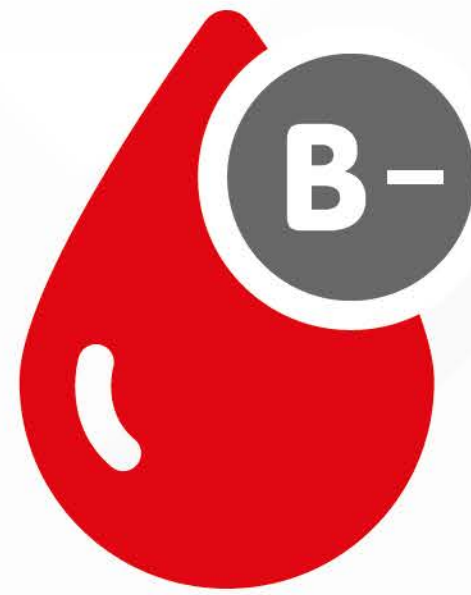
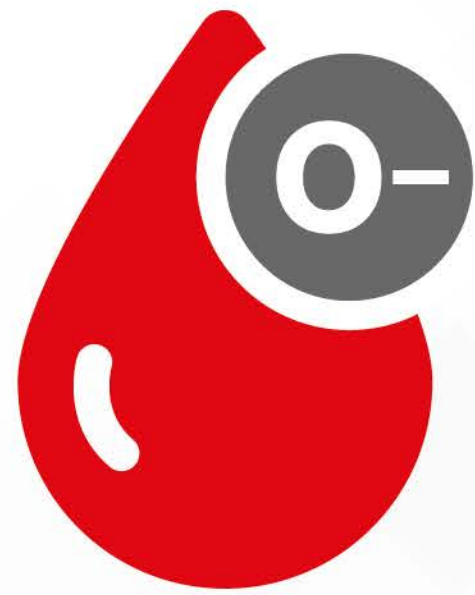
Gives:



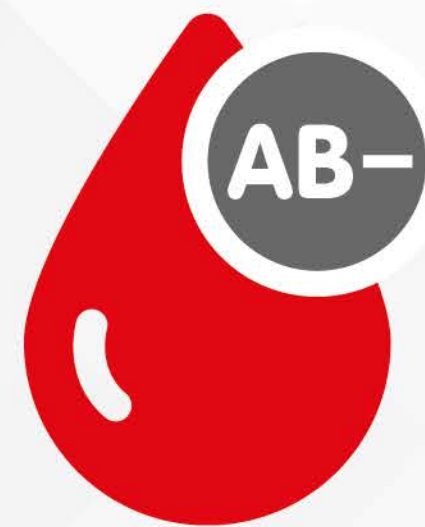
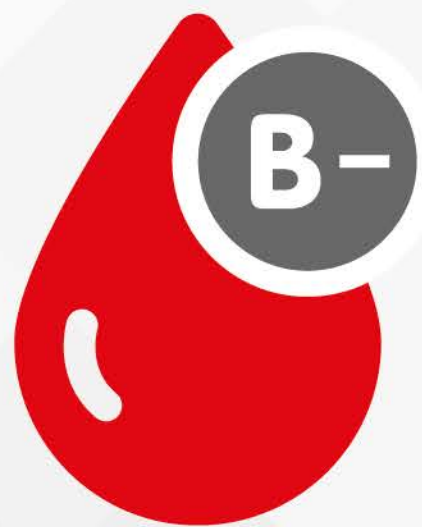


# Blood type (B-)

**Takes:**



**Gives:**

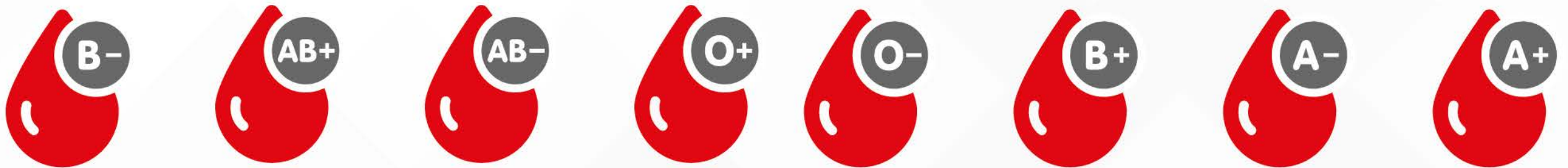




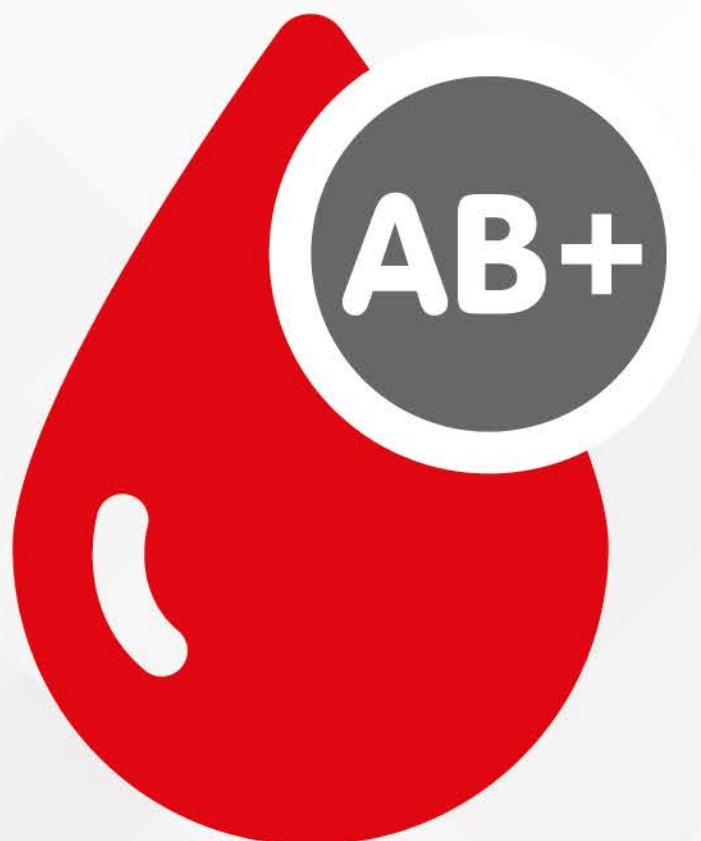


# Blood type (AB+)

**Takes:** All blood types



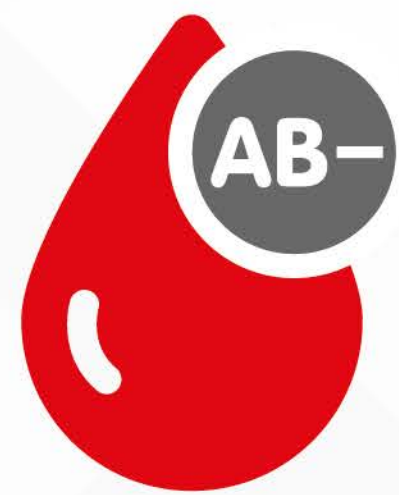
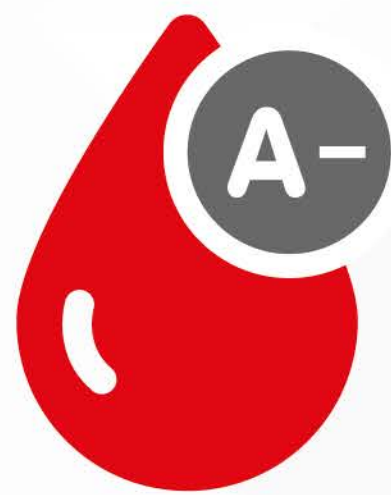
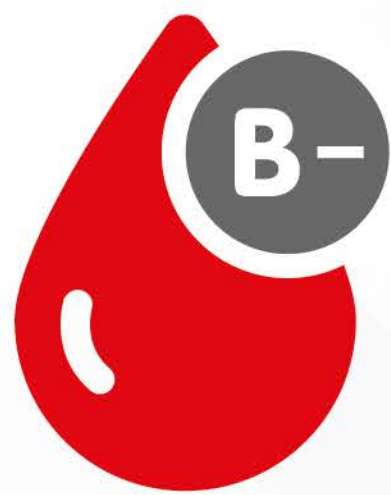
**Gives:**



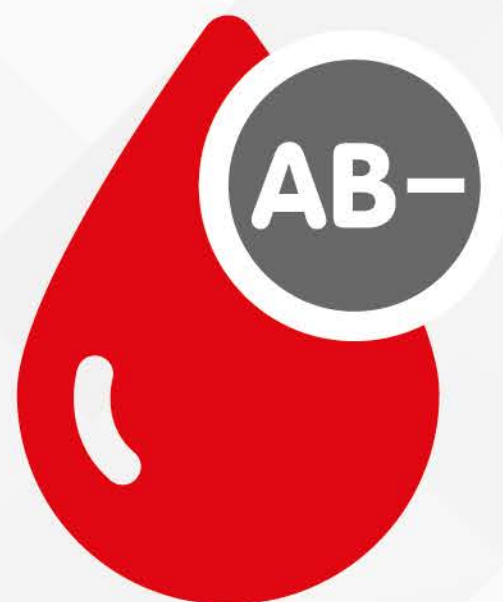
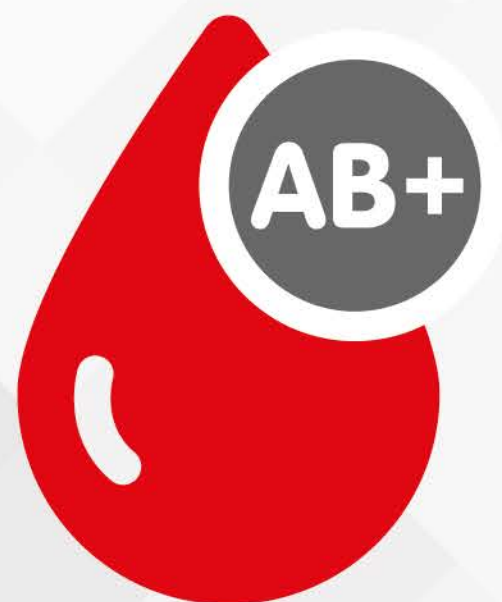


# Blood type (AB-)

Takes:



Gives:

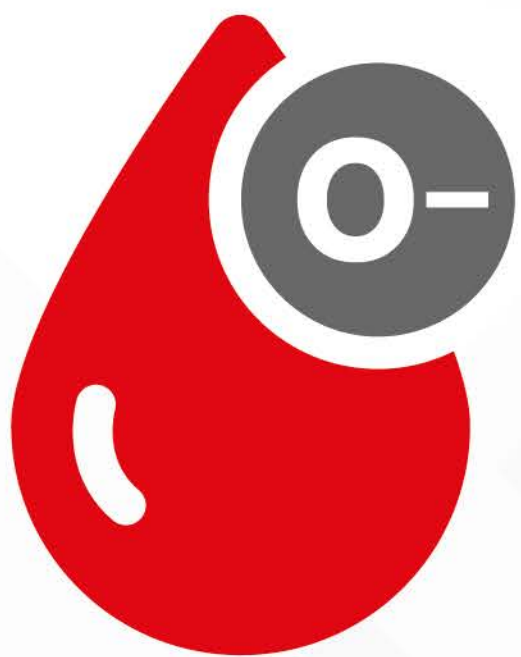




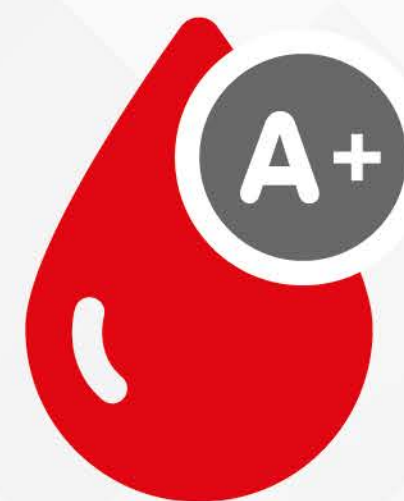


# Blood type (O+)

**Takes:**



**Gives:**

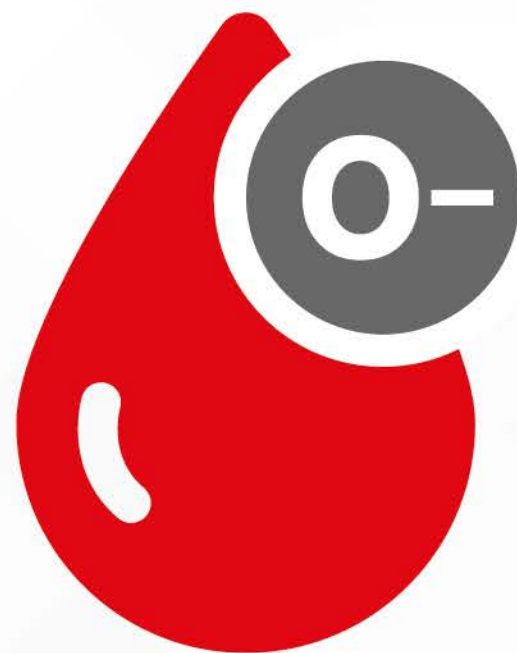




# Blood type (O-)

This blood type considered as the most expensive and valuable among all other types in the blood bank, because it is less common among people

**Takes:**



**Gives:**

All blood types







## Types of blood donation:

- Whole blood: This is the most common type of blood donation. It includes all blood components (red cells, plasma and platelets)
- Platelets
- Plasma
- Red blood cells

## Importance of blood donation:

Blood transfusion is a process that contributes to saving lives; and some of the necessary conditions that may need to donate blood for:

- When complications occur for pregnant women, such as bleeding before, during or after childbirth
- For patients during surgeries such as cardiovascular surgeries, organ transplantation and others
- For people with blood diseases
- For people who are injured in accidents
- Cancer patients





## Advantages of blood donation:

- Stimulating the bone marrow to produce new red blood cells, white blood cells and platelet
- Refreshing the blood system
- Studies have shown that those who donate their blood at least once a year are less likely to develop circulatory diseases and leukemia

## Requirements for blood donation:

- Blood donors should be enjoying good health and feeling well.
- Blood donors should be at least 18 years old (maximum age being: 65 years)
- Weight: not less than 50Kg
- Hemoglobin level: 13 to 17g for men and 12 to 14g for women
- Pulse: 50 to 100 beats/min
- Temperature: should not exceed 37 °C
- Blood Pressure: should not be lower than 80/120





## Conditions that are not allowed for blood donation:

- Less than 18 years old.
- People with infectious diseases (AIDS, hepatitis "B and C", syphilis, malaria)
- People with hereditary blood diseases
- People with severe anemia
- People with chronic diseases, such as diabetes, high blood pressure, cancer

## Tips after donating blood:

- After donating, take a break and have a snack, and after 15-10 minutes you can leave the donation place
- Avoid heavy physical activity or lifting heavy things for 5 hours after donation
- When feeling "dizziness" it is recommended to lay down on the back with raising feet
- Drink more fluids



المجلس الأعلى لشؤون الأسرة  
Supreme Council For Family Affairs

## التثقيف الصحي Health Promotion

إدارة التثقيف الصحي - Health Promotion Dept.

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