



Voluntary blood donation are the corner stone of a safe and adequate supply of blood and blood products. The safest donors are voluntary non remunerated blood donors from low-risk population. Blood donation is a completely safe activity. Any healthy person can donate blood. One need not fear anything when donating blood through licensed blood banks approved by the Drug Controller of India. Since the body soon makes up for the donated blood the donor does not feel any fatigue or other illness. In fact, blood donation encourages the body to produce new blood components fast. Only completely sterilized needles are to be used for bleed. The donor only need rest for a short period and a light snack.

As far as possible accept blood only from voluntary donors. It may be dangerous to receive blood from professional donors. Infuse the donated blood to the patients only after making sure it is infection free.