

GIVING BLOOD SAVES LIVES!

You are invited to take part in the annual blood donation drive organized by the **Hungarian Red Cross**, at CEU:

Date and Time: Tuesday, March 17, 2020, from 10:00 a.m. to 3:00 p.m.

Place: CEU Budapest, Nador u. 11. #004

How to donate blood – in a few easy steps!

You must be **generally healthy, between the ages of 18 and 60***, and weigh **at least 50 kgs.**

The Red Cross Blood Donation process takes approximately 35-40 minutes.

· **Registration** – you will be asked to present **one from each** of the following three categories:

- a) Official picture ID or driver's license or passport
 - b) Residence card or residence permit (Lakcímka for Hungarians)
 - c) TAJ card/number or EU health insurance card (blue) or your national social security card;
- (For a) and b) original documents are required!)

· Upon registration, you will be provided with **mineral water and a chocolate wafer.****
In order to avoid dizziness, please, consume them before your blood is taken.

· Following this you will be asked to **respond to a brief questionnaire** about your general state of health. All information collected is confidential and stored at the Hungarian National Blood Transfusion Service database.

· Next, you will be given **a simple blood test** to determine whether you are eligible to be a blood donor.

· If you are able to donate blood, **a doctor will also ask you a few questions and take your blood pressure.**

· Finally, in order to give blood, you will be asked to **lie down on a comfortable bed while your blood is drawn into a sterile bag.** This process takes about 5-8 minutes, and you may (recommended) remain lying down for an additional 5 minutes.

Note:

Since eating something is also recommended after donating blood, you will receive a 500 HUF meal ticket.***

* If you regularly donate blood, you can do so until the age of 65.

** / *** All refreshments, food items, and the food voucher are provided by the Hungarian Red Cross.