

MESSAGE TO ALL BLOOD DONORS



Haze Advisory for Blood Donors

When the 1-hour PM_{2.5} reading reported by the National Environment Agency (NEA) in Band 3 (High) (151 – 250 µg/m³) or above, the following groups are advised not to donate blood:

- People aged above 60
- First-time blood donors
- People with respiratory conditions such as asthma
- People with heart conditions, including mitral valve prolapse

Haze can put extra strain on the heart and lungs, especially for people with heart or respiratory conditions. Poor air quality may worsen their symptoms.

Older donors may be more vulnerable to the health effects of haze. They and first-time donors may also be more likely to experience reactions such as dizziness or light-headedness after donating, which may worsen during periods of poor air quality. As an added precaution, these donors are advised not to donate when air quality is at very unhealthy level.

If you do not belong to any of these affected groups, are eligible and feel well, we encourage you to donate. Blood is needed every day to support patients who require transfusions.

Take these steps to protect your health:

- Drink at least 500ml of water before and after donation.
- Rest for at least 20 minutes after donating.
- Avoid strenuous activities for 24 hours after donation.

Thank you for supporting our patients through blood donation. Your generosity helps save lives.