



**MORE BLOOD    MORE LIFE**  
**多個人捐血    救多幾個人**

**Blood Donation Campaign (March 31 – April 3, 2014)**

You are cordially invited to participate in a Blood Donation Campaign, which is jointly organized by the Hong Kong Red Cross Blood Transfusion Service and the Centre of Development and Resources for Students (CEDARS).

Date: March 31 – April 3, 2014

Time: 11:00 am - 6:00 pm

Venue: G/F, K.K. Leung Concourse (North Side)

Information on Blood Donation Procedure is available at

<http://www5.ha.org.hk/rcbts/ICMServlet/download/25-298-940/Blood%20Donation%20Leaflet.pdf>

To encourage students giving blood regularly, souvenir will be given to each student blood donor. For details, please view

<http://www5.ha.org.hk/rcbts/template?series=108>

Interested parties can register as Bone Marrow donors with Hong Kong Bone Marrow Registry at the venue. Your kindness will mean a lot to the needy people.

Be a Lifesaver, Give Blood!

Eva Poon

Centre of Development and Resources for Students (CEDARS)



### 捐血條件

1. 健康良好
2. 年齡 :16 至 60 歲之間  
(61 歲或以上之捐血者，如保持於每 12 個月捐血一次或以上，可繼續捐血至 70 歲；但由 66 歲起，須經中心醫生每年評估健康狀況。)
3. 體重超過 41 千克(即 90 磅或以上)

### The eligibility for blood donation

1. In Good Health
2. Age : Between 16 and 60  
(People who are 61 or above can donate blood until 70, if they have had no less than one donation in the past 12 months; from 66 onward, an annual health assessment by the BTS medical staff is necessary)
3. Weight: Over 41 kg (90 lbs or above)

### 捐血前準備

中心誠意希望每位捐血者都會養成定期捐血的習慣，以下是每次捐血前要注意的事項：

- 充足休息
- 4 小時內曾進食
- 飲用充足水份
- 勿穿衣袖太緊衣服
- **\*\*\*帶同香港身份證(如有)或有效旅行證件\*\*\***

### Pre-donation preparations

We sincerely hope that every blood donor will get into the habit of donating blood regularly. Below are some notes to remember before each blood donation.

- Have sufficient sleep the night before
- Consume food within 4 hours before donation
- Drink sufficient water
- Do not wear clothing with tight sleeves
- **\*\*\*Bring along your Hong Kong Identity Card (if available) or valid travel document\*\*\***

### 捐血密度 (適用於全血捐贈)

- 16 及 17 歲青年人：相隔至少 150 天捐一次血，每年宜捐兩次。
- 18 歲或以上女性：相隔至少 105 天捐一次血，每年宜捐三次。
- 18 歲或以上男性：相隔至少 75 天捐一次血，每年宜捐四次。
- 如曾捐贈成份血(血漿或血小板)者須相隔 14 天才可捐贈全血。

### Frequency of blood donation (For whole blood donation only)

- Donors aged 16 to 17 can give blood two times in a year, with an interval of no less than 150 days between two consecutive donations.
- Female donors aged 18 or above can give three times in a year, with an interval of no less than 105 days between consecutive two donations.
- Male donors aged 18 or above can give four times in a year, with an interval of no less than 75 days between consecutive two donations.
- After a plasma/platelets donation, donors must wait for 14 days before donating whole blood.



### 捐血後注意事項

就算捐血者日後經常捐血，仍要注意以下建議，確保其健康及血液安全。

- 如發現入針位置滲血，可以輕按傷口 2-5 分鐘，直至止血，覆蓋傷口的膠布可於當晚沐浴後除去
- 如捐血後感到眩暈、冒冷汗或不適，請立即坐下或躺下休息，解開衣扣，使呼吸暢順，保持鎮定，並尋求旁人協助；若情況未見好轉，請前往求醫或致電緊急求助熱線 999
- 若入針位置有瘀腫現象，是血液滲入皮下組織所致。血腫一般將一星期後消散，不會對身體造成影響。如欲舒緩疼痛或不適，可使用冰袋敷於患處
- 入針位置倘有嚴重紅腫痛楚，手掌或前臂麻痺等嚴重併發症，請即致電本中心或前往求醫
- 捐血後 12 小時內多喝飲料以補充失去的水份
- 捐血後 12 小時內避免進行劇烈運動
- 捐血後 12 小時內不宜用捐血的手提取重物或過度用力，以免影響傷口癒合
- 捐血後不適，或於捐血後四週內感染一般的傳染病如發熱、感冒等；或於捐血後 3 個月內發現患有肝炎、肺結核或瘧疾等，請於辦公時間內致電 2710 1201/ 2710 1208/2710 1298 通知中心當值醫護人員，非辦公時間可致電 2710 1210 或 2710 1234。

### Post-donation advice:

Donors should pay attention to the following advice to protect their health and blood safety even if they become a regular donor in future.

- If the venepuncture site has any fresh bleeding, apply pressure for 2-5 minutes until the bleeding stops. Keep the plaster on and remove it after bath at that night.
- If a donor feels dizzy, unwell or has cold sweats, please take a seat or lie down immediately. Loosen any restrictive garments and keep breathing. Remain clam, take slow and long deep breath. Seek assistance from passers-by if necessary. Seek medical consultation or call the Emergency Hotline 999 if condition does not improve.
- Bruising may occur following blood donation if there is bleeding underneath the skin. It can happen occasionally after giving blood and should disappear on its own. Apply cold compress on venepuncture site if pain or discomfort occurs.
- If there is redness, swelling, pain or numbness around the venepuncture site, please contact us or consult a physician immediately.
- Drink plenty of fluid to replenish fluid loss over the next 12 hours.
- Avoid strenuous exercise over the next 12 hours.
- Over the next 12 hours, avoid lifting heavy items to prevent bruising of venepuncture site.
- If a donor develops signs or symptoms of an infection (e.g fever, common cold, etc.) within 4 weeks after blood donation, or if a donor develops hepatitis, tuberculosis or malaria within 3 months after blood donation, please call our duty medical staff on 2710 1201/ 2710 1208/2710 1298 during office hours or 2710 1210/2710 1234 outside office hours.



## 離港外遊或居留後與捐血相關的資訊

### Blood donation information related to travelling history or residence abroad

#### I 變種克雅二氏症 (瘋牛症)

為保障血液安全，輸血服務中心考慮到捐血人士有感染變種克雅二氏症，俗稱「瘋牛症」的理論風險，已於 2005 年 4 月 4 日就變種克雅二氏症實施新修訂的捐血篩選指引。現時專家已有實例證明變種克雅二氏症是可經輸血途徑傳染，但暫時仍未有相關的測試去配合捐血者的篩選，故中心參考外地的專業政策而制定了嚴謹的捐血者篩選指引，此指引純粹是一項預防措施，以減除透過血液傳染變種克雅二氏症的理論風險。所有捐血人士(包括正型血、負型血及稀有血型捐血者)如屬以下情況，將永久豁免捐血。

- 於 1980 年 1 月 1 日至 1996 年 12 月 31 日期間曾於英國居留累積超過三個月；
- 由 1980 年 1 月 1 日起曾於法國居留累積超過五年；
- 由 1980 年 1 月 1 日起曾於歐洲居留累積超過五年(包括於 1980 年至 1996 年在英國居留及於 1980 年起在法國居留)；
- 由 1980 年 1 月 1 日起曾在英國或法國接受輸血治療；
- 由 1980 年 1 月 1 日起曾接受由牛隻提煉的胰島素治療 (如使用的胰島素確定並非於 1980 年後從英國牛隻提煉出來除外)；
- 於 1980 年 1 月 1 日至 1996 年 12 月 31 日期間曾在美國駐歐洲軍事基地居住的退役或現役美國軍事人員、民兵及其家屬。

#### I vCJD or human equivalent of Mad Cow Disease

To ensure safety of blood products, BTS implemented the revised guidelines for blood donation with effect from 4 April 2005. There is now evidence from a small number of case reports involving patients and laboratory animal studies that vCJD can be transmitted through transfusion. There is no test for vCJD in humans that could be used to screen blood donors and to protect the blood supply. This means that blood programmes must take special precautions to keep vCJD out of the blood supply by avoiding collections from those who have been where this disease is found. Blood donors (including Rhesus positive, Rhesus negative and rare blood type donors) will be permanently deferred for blood donation if :

- they had spent three months or more cumulatively in the United Kingdom (UK) from 1 January 1980 to 31 December 1996;
- they have spent 5 years or more cumulatively in France from 1 January 1980 to the present;
- they have spent 5 years or more cumulatively in Europe from 1 January 1980 to the present (including UK from 1980 to 1996 and France from 1980 to the present);
- they have received a transfusion of blood or blood components in the UK or France from 1 January 1980 to the present;
- they have received bovine insulin injection since 1 January 1980 (unless it is confirmed that bovine insulin was not manufactured from cattle in UK since 1980);
- they are former or current US military personnel, civilian military personnel, and their dependents who had resided at US military bases in Europe from 1 January 1980 to 31 December 1996.



**II 瘧疾** (最新資料可參考: <http://www.who.int/malaria/>)

根據世界衛生組織 2010 年的統計資料，全球瘧疾流行於 99 個國家，共有 33 億人處於瘧疾風險區，其中 2.19 億患上瘧疾，接近 66 萬人死亡，當中多數為 5 歲以下的兒童。

如何避免經輸血傳播瘧疾？

由於透過輸血感染瘧疾偶有發生，而現時的化驗技術又不能確切區別受瘧疾感染的血液，所以輸血服務中心只能以捐血人士的旅遊及原居地資料作篩選。在過去一年內曾到瘧疾區旅遊或來自瘧疾區而居港未滿三年的人士，須按下列期限檢疫，期滿後方可捐血。

請參照下列情況，以確定何時適合參加捐血：

如閣下	檢疫期
曾到瘧疾區旅遊，旅遊期間及回港後無發熱或其他不適。	返港後十二個月
曾於瘧疾地區居留，近期並無發熱或其他不適。	居港滿三年
曾到瘧疾區旅遊並於旅遊期間或返港後三個月內有發熱和不適。	返港或康復滿三年，以後者為準
曾感染瘧疾。	痊癒後三年

注意：任何人士，無論是否接受了預防瘧疾的藥物，均須依照上列期限檢疫。

**II Malaria** (Updated information can be accessed at : <http://www.who.int/malaria/>)

According to the WHO statistics in 2010, there were about 219 million cases of malaria in 2010 and an estimated 660,000 deaths, mostly of which were children under 5 years old.

How to prevent transfusion transmitted Malaria?

As transfusion transmitted malaria still occasionally happens and there is no fool proof way to clearly distinguish infected and non-infected blood, the Blood Transfusion Service in general has to rely on the travel history of donors to decide whether they are suitable for blood donation. Persons who have visited a malaria-endemic area in the past 12 months or who have come from a malaria-endemic area and lived in Hong Kong for less than 3 years should be deferred for blood donation according to the guidelines below. Blood donation is possible again after the deferral period.

The following information can be used to determine eligibility

If you have	Deferral Period
Travelled to an endemic area but did not have fever during or immediately after the visit	12 months after return
Resided in an endemic area but did not have any fever recently	3 years after residing in Hong Kong
Visited an endemic area and have unexplained fever during or within 3 months after the visit	3 years after recovery or return, whichever is later
History of malaria	3 years after recovery

Note: The above deferral periods apply whether or not anti-malarial prophylaxis has been taken.



### III 西尼羅河病毒

西尼羅河病毒是一種透過蚊子傳播的病毒。美國在 1999 年起發現西尼羅河病毒感染個案。於 2012 年期間，單是美國便有超過 5,600 人感染此病毒，由於西尼羅河病毒是可以經由輸血傳染，為確保血液安全，醫院管理局(輸血服務中心)血液及血製品安全專家小組，於參考美國食品及藥物管理局的指引後，建議輸血服務中心實施下列措施：

- 捐血人士如在捐血當天四週內曾到北美洲，不論有沒有病徵，均需暫緩捐血 28 天。
- 捐血人士如在捐血當天四週前曾到北美洲，並曾有感冒徵狀包括：發熱、頭痛、眼底痛、肌肉痛、關節痛、嘔吐、淋巴結或皮膚紅疹等症狀，請將有關情況告知本會護理人員。
- 如於捐血後才出現上述徵狀，捐血人士應盡快致電 2710 1201 通知本會。

### West Nile Virus (WNV)

West Nile Virus (WNV) is an infection transmitted through mosquito bite. It has been reported in the US since 1999. In 2012, there were 5,600 human cases of WNV infections reported in the U.S. Blood transfusion is one of the transmission mode of WNV. To ensure blood safety, the Hospital Authority (BTS) Expert Panel on Blood and Blood Products Safety has made reference to the FDA's latest guidelines and recommended BTS to implement the following precautionary measures:

- Prospective donors who have been to North America within four weeks before the date of blood donation, irrespective of any clinical symptoms, will be temporarily deferred for 28 days.
- Prospective donors who have been to North America 4 weeks before the date of blood donation and have flu like symptoms such as fever, headache, eye pain, muscle/joint pain, vomiting, enlarged lymph nodes or skin rash, should inform our nursing staff.
- Blood donors should telephone us (Tel:2710 1201) as soon as possible if the above symptoms are noticed following blood donation.