دمــي لـوطـنـي

My Blood, For My Country

Join our blood donation journey

BLOOD DONATION
GUIDELINE | 2024

دبي الصحية
DUBAI HEALTH

هـيئـة الصحـة بدبـي
DUBAI HEALTH AUTHORITY
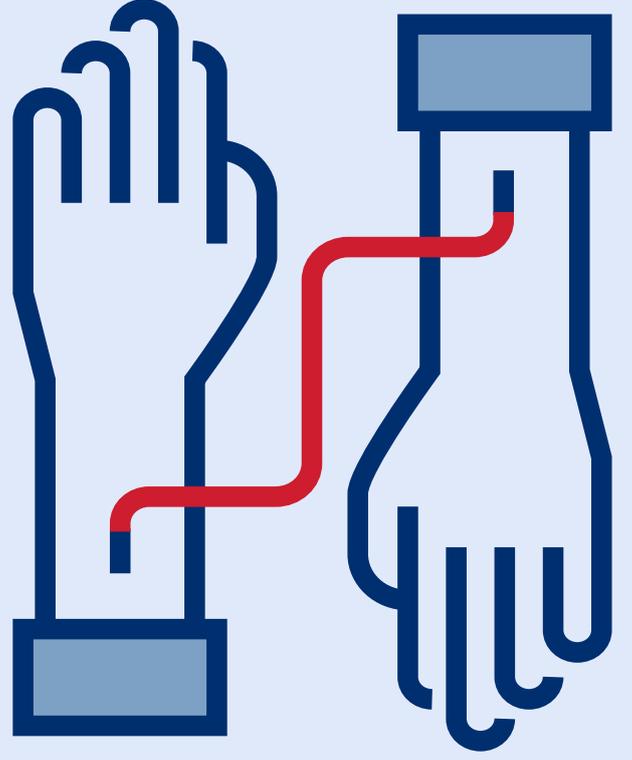
الأمين
AL AMEEN

الإمارات اليوم

My **Blood**, For My **Country**

The campaign was first introduced in 2012 under the patronage of His Highness Sheikh Hamdan bin Mohammed bin Rashid Al Maktoum, Crown Prince of Dubai and Chairman of The Dubai Executive Council who was the first blood donor for the initial campaign. His Highness's support has significantly contributed to the campaign's success over the years. HH stated: " Blood donation is a responsibility of all citizens and residents who can donate blood to save lives of needy patients".

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HH **Mansour bin Mohammed** is the **first donor** in 2021

HH Sheikh Mansoor bin Mohammed bin Rashid Al Maktoum, Chairman of Dubai's Supreme Committee of Crisis and Disaster Management, became the first blood donor of 2021 season of the campaign. His gesture reflects the leadership's commitment to supporting humanitarian causes and encouraging the community to donate blood in line with the charitable values of the UAE.

Blood Donation

Is it safe to donate blood?

Yes, it is safe to donate blood and blood components like platelets and plasma. You cannot get any disease from donating blood.

All materials and supplies used to collect blood are new, sterile and disposable, and used only once.

A qualified and certified team will assist you to ensure your safety during donation.

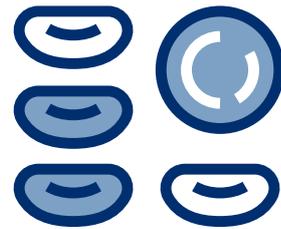# What are the benefits of blood donation?

Regular blood donation decreases the possibility of having heart diseases and stroke

Blood donation is a humanitarian act that helps save lives of needy patients

It helps the body get rid of excess iron

It also activates the bone marrow to produce new blood cells

What are the required documents?

You should have a valid Emirates ID

Or a GCC-ID to donate blood

If you are on a visit visa or transit visa, then you are not eligible to donate blood as per UAE Health Regulations

What is the eligibility criteria?

You should be between the age of 18 - 65 years

You should ensure tha you are in good health at the time of blood donation

You should get enough sleep on the previous day of donation

Your previous travel history will be considered as part of your eligibility to donate blood

You should not weigh less than 50 kg. If your age is between 18 to 21 years, your weight should be 55 kg or above

Pregnant and lactating women are not eligible to donate blood

How long does it take to give blood?

It usually takes around

50 - 60 minutes

To donate whole blood

60 - 90 minutes

To donate platelets by apheresis

and up to 60 minutes

To donate double red cells

Is there any payment involved?
There is no payment involved.
Blood donation and platelet
donations are voluntary services.

How to donate blood?

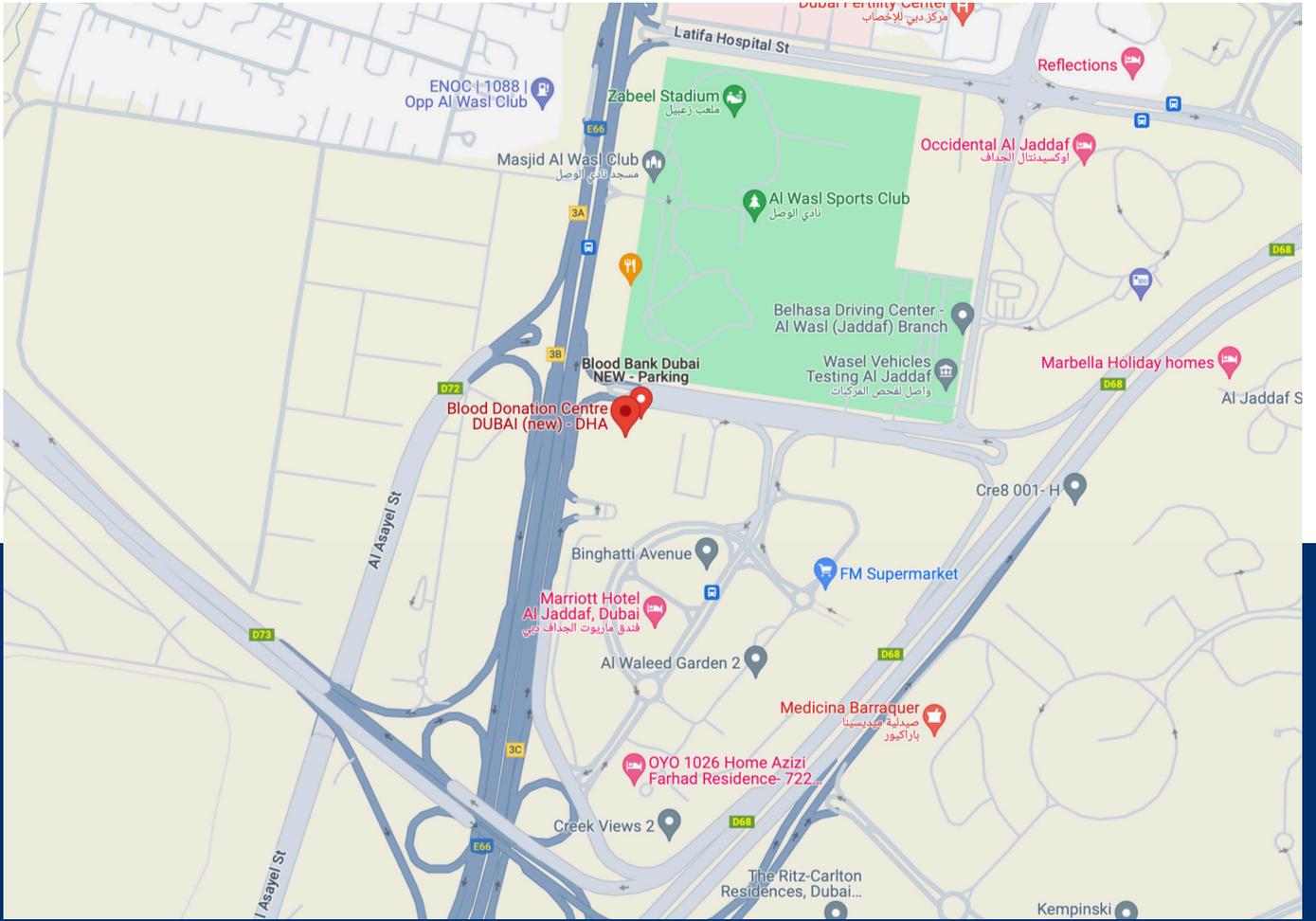Download the Dubai Health App

Click on DAMMI - Blood Donation

Click on Donate Blood Today

Fill out the questionnaire

Visit the Blood Donation Center to complete the procedures for donating blood

Blood Donation Center

Working hours:

Monday - Friday
07:00 AM - **08:30** PM

You can contact us through:

Toll-free number **800 60**