



NAMBTS URGES NAMIBIANS TO COMMIT TO DONATING BLOOD REGULARLY THIS YEAR

06 January 2023: The Blood Transfusion Service of Namibia (NAMBTS) is urging all eligible blood donors in Namibia to commit to donating blood regularly this year in a bid to help insure that the lives of thousands of patients are saved. With only 1% of the Namibian population donating blood annually, NAMBTS need the assistance of more Namibians of all blood types to donate blood regularly in this year.

Blood collections have dropped significantly over the latter stages of the preceding festive season with NAMBTS currently only having three to four days' bloodstock in their reserves for the whole countrywide. In order to meet the demand for blood and blood products given to patients, NAMBTS requires an average of 160 blood donations daily. The desired blood supply is a 9-12 day blood stock level which would ensure that there is sufficient blood and blood products throughout hospitals countrywide.

"We have observed that many blood donors often donate once at a young age and thereafter defer from donating for a number of years. One is able to donate blood every 56 days (roughly two months) and we encourage everyone to donate at least 4 times in a calendar year. The demand for blood and blood products is ever-increasing and we would like to thank all blood donors in the country who continue to donate blood and help ensure that the lives of patients are potentially saved." NAMBTS spokesperson Titus Shivute added.

The only way to give patients access to this precious life-saving resource, is through the selfless act of blood donation as blood cannot be manufactured, and there is no substitute for it. It is in constant demand for accident victims, haemophiliacs, surgeries, infants, patients battling cancer and more.

If you are well and able to spare thirty minutes of your time, regular and new blood donors between the ages of 16-65 years old can donate at any of the fixed site centres in Windhoek, Swakopmund, Walvis Bay, Ondangwa, or Oshakati. NAMBTS has also further encouraged corporate, educational, retail, industrial and other institutions to approach their premises if they would like mobile blood donation sessions held at their premises for their convenience.

Blood donors can donate at the following venues this week (as attached), all blood types are needed:

Note to Editor :

- You should be between the ages of 16 – 65.
- Weigh more than 50kg.
- Be medically healthy.
- Lead a safe lifestyle.
- Be committed to helping others.

Tips when donating blood:

- Eat a substantial meal 3-4 hours before donating blood.
- Drink lots of water and/or juice before, during and after donation.
- Take it easy on the exercise after donation.

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