



# The importance of giving blood

Become a blood  
donation ambassador  
in your community!



HÉMA-QUÉBEC

**GIVE BLOOD. GIVE LIFE.**

## Did you know...

- Every 80 seconds, someone in Quebec needs blood!
- Every year, Quebec hospitals use nearly 250,000 units of blood.
- Only 3% of Quebecers who are eligible to give blood make a donation to the collective blood supply managed by Héma-Québec.
- A minimum of 1,000 donations are required every day to meet Quebecers' needs.



→ **LUDOVIC AND HIS FAMILY.** LUDOVIC, WHO HAS SICKLE-CELL ANEMIA, RECEIVES BLOOD TRANSFUSIONS EVERY MONTH.

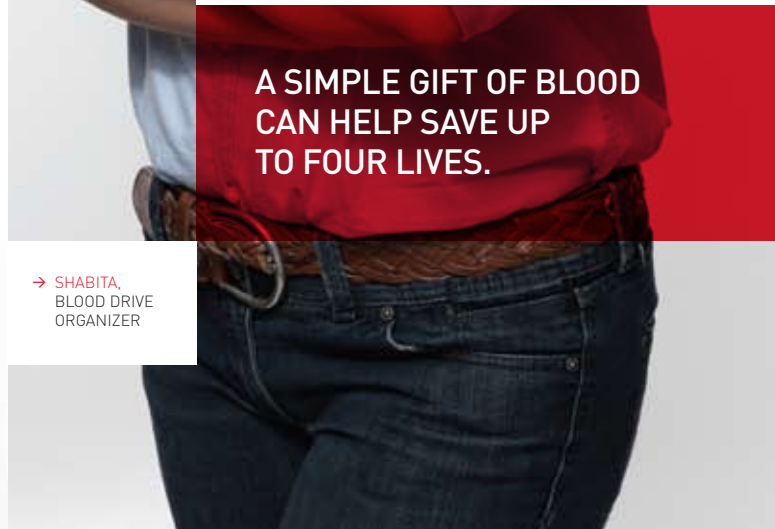


## The gift of life

- A donation that saves lives
- A generous, altruistic act
- A civic responsibility
- Necessary for maintaining our collective blood supply

**A SIMPLE GIFT OF BLOOD  
CAN HELP SAVE UP  
TO FOUR LIVES.**

→ **SHABITA,**  
BLOOD DRIVE  
ORGANIZER



# Your gift of blood is important

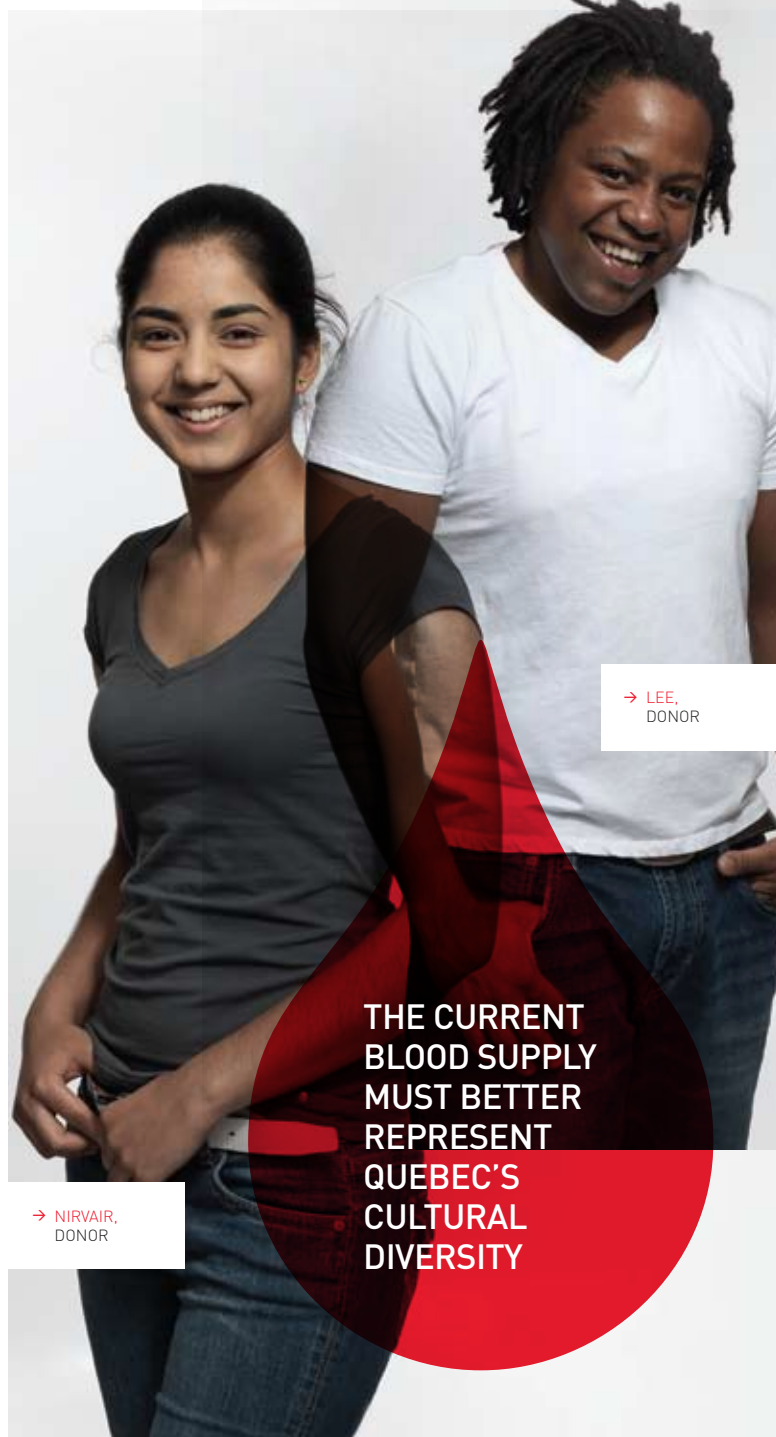
To ensure that the collective blood supply better reflects Quebec's multicultural makeup.

- Héma-Québec must maintain at least a six-day blood supply to meet hospitals' needs.
- To do so, it depends entirely on the generosity of blood donors.

**Giving blood: a simple, concrete gesture!**

**In response to new developments in transfusion medicine and specific requests from attending physicians.**

- Héma-Québec receives a growing number of specific requests from doctors, as innovative new treatments are developed.
- These doctors treat patients who have blood diseases and who receive frequent transfusions.
- Their doctors seek optimal blood compatibility between donor and recipient.
- The chances of finding blood with similar characteristics for a donor and a recipient are better when both are from the same cultural community.



→ LEE,  
DONOR

→ NIRVAIR,  
DONOR

**THE CURRENT  
BLOOD SUPPLY  
MUST BETTER  
REPRESENT  
QUEBEC'S  
CULTURAL  
DIVERSITY**

## The process of giving blood

- There is no danger of contracting a disease by donating blood.
- You must be in good health and aged 18 or over.
- It is important to feel well on the day you give blood. Make sure you eat first and drink plenty of liquids.
- At the donation site, you complete a questionnaire, which will be reviewed by a Héma-Québec staff member. These steps to qualify as a donor are confidential.
- If you meet the qualification criteria, you can donate blood.

### The blood donation is done in complete safety.

- The needle and all other materials used in the process are new, sterile, sealed and destroyed after use.
- The entire process takes about 60 minutes. The donation itself takes only 10 minutes.

## Héma-Québec's mission

To efficiently provide adequate quantities of safe, optimal blood components, substitutes, human tissues and cord blood to meet the needs of all Quebecers.

To provide and develop expertise along with specialized and innovative services and products in the fields of transfusion medicine and human tissue transplantation.

### HÉMA-QUÉBEC IS RESPONSIBLE FOR THE COLLECTIVE BLOOD SUPPLY:

- BLOOD DRIVES
- PREPARATION OF BLOOD COMPONENTS
- TESTS
- STORAGE
- DISTRIBUTION TO HOSPITALS

→ ADNAN,  
DONOR AND  
BLOOD DRIVE  
ORGANIZER



# Team up with us!

## You can make the difference!

Make a date to give the gift of life  
in your calendar: become a regular donor.

Get involved: help organize blood drives  
in your community.

Become a blood donation ambassador:  
spread the word to your friends and relatives.

## FOR MORE INFORMATION:

Donor Services

**1 800 847-2525**

[www.hema-quebec.qc.ca](http://www.hema-quebec.qc.ca)



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