

Area residents urged to donate blood in coming weeks

Canadian Blood Services is asking area residents to donate blood in the coming weeks. Faced with the risk of a rapidly spreading H1N1 virus, inclement winter weather and declines in donations during the approaching holiday season, the organization is hoping to build up the blood supply now, prior to potential drops in donation levels.

Typically, most units of blood are used within five days of donation. The organization is working toward building a seven-day inventory supply now to brace for any potential shortfalls in the coming weeks.

Donors are advised that they cannot get the flu by giving or receiving blood or blood products. Canadian Blood Services' clinics are clean and safe environments. Infection control measures are in place to protect donors and staff. Extra measures will be implemented if the flu season becomes more severe.

Donors are also reminded that while they can still donate if they have received a flu vaccine, they need to wait **two days** after the shot before donating blood.

Your one donation may save up to three lives.

Please call **1-888-2-DONATE** (1-888-236-6283) today to make an appointment to donate blood or for eligibility information.

Please plan to attend the upcoming Blood Donor Clinic at;

Elmvale Community Hall: Queen Street
Saturday December 19th
9:00 a.m. – 12:00 p.m.

–30–

For further information, please contact:

Marg Gow
Community Development Coordinator
Canadian Blood Services
705-730-1723
1-800-901-1719 #2