



捐血隊長提提您！

如有以下情況，請向當值護士查詢。

常見暫緩捐血原因

近期或正在服用以下藥物

- 抗生素或抗病毒藥物
- 治療暗瘡的藥物
- 治療前列腺增生的藥物
- 治療脫髮的藥物
- 非類固醇鎮痛藥
- 處方中藥

口腔治療/皮膚創傷

一週內 曾接受口腔治療(例如：洗牙、脫牙等)或傷口未痊癒

紋身

三個月內 曾紋身、紋眉、飄眉、霧眉、紋眼線或紋唇

捐血條件

詳情請掃描二維碼
參閱「捐血資訊」



血液安全

詳情請掃描二維碼
瀏覽相關資訊



捐血前的準備

- ✓ 充足睡眠
- ✓ 4小時內曾進食
(避免進食油膩食物)
- ✓ 飲用充足水份
- ✓ 勿穿衣袖太緊的衣服

外遊返港

四週內 曾到訪北美洲(美國、加拿大)或受西尼羅河病毒影響的地區

三個月內 曾到訪瘧疾地區

感冒/發燒/腹瀉

兩週內 曾出現病徵或未康復

糖尿病/高血壓/高膽固醇

四週內 曾改變藥物種類或劑量

海外居留

曾於墨西哥、中美洲或南美洲連續居住
三個月或以上

近期曾接種疫苗

請掃描二維碼查看
「暫緩捐血期限」



提提您

記得帶身份證或有效旅行證件
首次捐血人士需介乎**16至65歲**

捐全血必須相隔不少於

成年男士
75日

成年女士
105日

青少年
(16-17歲)
150日

Warm Reminder from Captain Blood

If you encounter the following situation,
please consult our nurse for advice.



Common Deferrals?

Recently taken or currently taking certain medications



- Antibiotics or antiviral drugs
- Drugs for acne
- Drugs for benign prostatic hypertrophy
- Drugs for hair loss
- Non-steroidal anti-inflammatory drugs
- Prescribed herbal medicine

Dental Procedure/ Unhealed Wound



Have had dental procedure (e.g. scaling, dental extraction) **within 1 week** or unhealed wound

Tattoos



Have had tattoo, microblading of eyebrows, eyelines or lips **within 3 months**

Donation Criteria



Please scan QR code to read
'Blood Donation Info Pack'
for details



Recently travelled abroad



Travelled to North America (U.S. and Canada) or
West Nile virus endemic area **within 4 weeks**

Travelled to malaria endemic area **within 3 months**

Flu/Fever/Diarrhea



Have had symptoms **within 2 weeks** or have
not recovered

Diabetes/High blood pressure/ High cholesterol



Changed in medication type or dosage
within 4 weeks

Residence overseas



Has resided in Mexico, Central or South America
for **3 consecutive months**

Recently received a vaccination



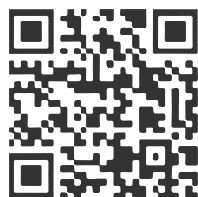
Please scan QR code to check the
'Temporary Deferral Period'



Blood Safety



Please scan QR code to view
the relevant information



Blood donation preparation



- ✓ Adequate sleep
- ✓ Food consumption within 4 hours
(Avoid food with high fat content)
- ✓ Drink sufficient water
- ✓ Do not wear clothing with
tight sleeves

Reminder



**Bring your HKID card or valid
travel document**



**First time blood donor should
be aged between 16 and 65**

Whole Blood Donation Interval should not be less than:

Adult Male	75 days
Adult Female	105 days
Adolescent (Aged 16 to 17)	150 days