**THE SANBS URGES YOU TO KEEP BLOOD STOCKS UP**

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Following a successful run during stages five and four of the national lockdown, the South African National Blood Service (SANBS) has started to see a decline in their blood stocks. The SANBS is therefore appealing to all blood donors to continue to donate blood to increase the current blood stock level.

With very little blood available, this will have a severe impact on the patients who rely on life-saving blood transfusions. “Whenever our blood stocks reach below two-days, it places the lives of patients at risk. The lives of a haemorrhaging mother, newborn babies, accident victims, cancer-fighting patients and thousands of other patients in need of a blood transfusion,” said Silungile Mlambo, SANBS Chief Marketing Officer.

The SANBS needs to collect 4 000 units of blood a day to meet the daily demand for blood. “This is an urgent call to all who are eligible, willing and able to donate blood to give the gift, as you have consistently done in the months that have passed,” Mlambo pleaded.

A blood donation gives patients a second chance with their loved ones. Another Christmas to remember, another summer holiday at the beach. Everyone is called to please continue to visit their nearest blood donor centre or mobile blood drive. It’s more than just one unit of blood. It is a move that can save up to 3 lives. 30 minutes, 4 four times a year, is all it takes to make a monumental impact on the lives of others.”

**To become a blood donor, you must:**

* Be between the ages of 16 and 75 years
* Weigh 50kg or more
* Be in good health
* Lead a healthy lifestyle
* Consider your blood safe for transfusion to a patient
* Commit to donating blood regularly

To find out more about where you can donate blood, visit [sanbs.org.za](https://sanbs.org.za/donor-centres/) or call 0800 11 90 31. Connect with us on Twitter (@theSANBS), Facebook (@SANBS) and Instagram (@thesanbs). Don’t let South Africa run out of safe blood. Donate today.

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**About the SANBS**

The South African National Blood Service (SANBS) is an independent non-profit organization, and one of the leaders in the discipline of blood transfusion. SANBS operates in eight out of nine provinces in South Africa (with the exception of the Western Cape, which is serviced by the Western Cape Blood Service). It also provides crucial support to countries in the SADC region.

SANBS supplies over one million blood products annually and is rated among the top blood services in the world.  This pedigree comes, as a result of world-class testing and collection protocols which ensure that the blood which is transfused is always of top quality.

The blood is processed into its constituent components; red blood cells, plasma and platelets therefore in principle a single blood donation can save a minimum of three lives.