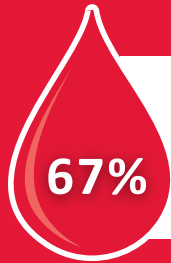


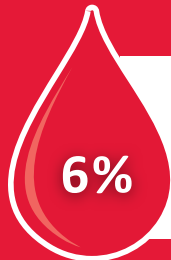
## WHY IS GIVING BLOOD IMPORTANT?



of donated blood is used to treat cancer patients & people with blood disorders.



of donated blood is used in surgery and emergency situations.



of donated blood is used to treat blood loss after childbirth and to help premature babies.



of all donated blood is precious and saves lives everyday.

**“Two words can save a life - Give. Blood.”**  
- Jarlath Burns, An Uachtarán CLG/GAA

## OISÍN'S CAMPAIGN “EVERY DROP COUNTS”



Young blood donors needed

[giveblood.ie](https://giveblood.ie)



# OISÍN'S CAMPAIGN

Oisín Kelly, of Naomh Eoin GAA, fought bone cancer and relied on blood transfusions, using his time to encourage other young sportspeople like you to donate. Tragically, he passed away at 21. Support your community by donating blood to people like Oisín - **"Every drop counts, I know."**



## TEAM UP TO SAVE LIVES

As a young sports person, you understand the importance of teamwork and showing up when it matters. Bring that same spirit off the pitch and become a blood donor!

- Only 3% of eligible adults give blood
- 1 in 4 of us will need a blood transfusion in our lifetime

## BECOME A BLOOD DONOR

- 1 Sign up to give blood at the next clinic in your area
- 2 **Take a phone call** to discuss your eligibility and schedule your blood donation appointment

## ON DONATION DAY

- 1 Avoid significant exercise on the day of your appointment and ensure you are well hydrated, and well fed.
- 2 Check in at the clinic fill in a short health & lifestyle questionnaire
- 3 Short interview and haemoglobin check with a nurse
- 4 **Give blood!**
- 5 Help yourself to free snacks and relax knowing you've saved lives!

## SIGN UP

Visit [giveblood.ie](https://giveblood.ie) or call us on 1800 731 137 if you have any questions.

