

For Immediate Release

You're Just My Type - Share the Love by Donating Blood

Western Cape - 1 February 2024. The Western Cape Blood Service (WCBS) is thrilled to announce its February blood donation campaign theme, "You're just my type". This theme highlights that blood types may vary, but the act of donating blood is a universal way to show love, compassion, and solidarity to those in need. Every blood donation is valuable and can make a significant difference in the lives of patients.

To celebrate the month, WCBS encourage couples, partners, friends, and or siblings to donate blood together during the month of love. From 12 February, the blood donation centres at Blue Route Mall, Kenilworth Centre, 9 Long Street, N1 City and Cape Gate shopping centre will feature balloon-decorated love-chairs, especially for our donors. All blood donors will receive a heart-shaped lollipop as a token of appreciation to enjoy (or share) with a loved one.

If you are between 16 and 75, weigh 50kg or more, are in good general health, and lead a safe sexual lifestyle, you should be able to donate. Blood donation does not cause you any bodily harm - only 475ml of blood is taken, and this is replaced within 24 hours. Donors are advised to eat a substantial meal within three to four hours before visiting a clinic and to increase their fluid intake before, during and after donation.

Blood donation only takes 30 minutes of your time and you can donate blood every 56 days. It is never too late to donate blood. Carli also encourages donors who haven't donated blood in a while to find their closest blood donation clinic and continue their lifesaving journey.

For more information or to find your closest blood donation clinic, please visit www.wcbs.org.za, download the WCBS App, or send a WhatsApp to 060 549 7244.

You're just my type. Do something remarkable: donate blood.

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