

立即下載 

 **HK Blood**

- ✓ 預約捐血
- ✓ 隨時翻查捐血紀錄
- ✓ 提示下次捐血日期
- ✓ 顯示最近的捐血站
- ✓ 追蹤流動捐血隊最新位置

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 BloodForLife 熱血使命



Blood 之好友 Blood Buddies

中心今年好榮幸邀請到旅遊達人森美義務為中心的年度主題全新流動應用程式「HK Blood」及「旅行前捐血」拍攝宣傳片。

查查捐血紀錄
Access Your Donation Records

提示下次捐血日期
Keep track of Your Next Donation Date

預約捐血
Make an Appointment

查看最近捐血熱點
Locate the Nearest Donation Site

捐血救人更方便，更就手
請即下載“HK Blood” App
to Give Blood more Easily!

香港紅十字會輸血服務中心
HONG KONG RED CROSS BLOOD TRANSFUSION SERVICE

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因為不少旅遊地點都有潛在的傳染病風險，旅客回港後可能需要隔一段時間才可捐血。
If you are planning to visit a country with potential risks of infectious diseases, donate blood before you travel to avoid deferral later.

離港
Departures

記得旅行前，先捐血!
Donate Blood Before You Travel

每次捐血可救助三個人
One Blood Donation Saves 3 Lives

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森美分享到當年他母親生產他的時候經歷大量出血，過程十分驚險，全靠捐血者捐出的血液使他們兩母子可平安渡過難關。回想起第一次捐血的過程，森美笑說就像初戀一樣緊張及興奮，捐血後十分快樂會很想再重溫那種開心的感覺。森美希望能呼籲更多市民參與並恆常捐血，特別希望年青人能帶起捐血熱潮，幫助更多有需要的病人和家庭。

BTS is very honoured to have invited Mr Sammy Leung to star voluntarily in our TV commercial this year. Sammy's mother had experienced serious blood loss when she gave birth to Sammy, kind-hearted blood donors had helped their families surviving this life-threatening situation. Recalling his first blood donation, he said "It's just like puppy love. I felt nervous and excited and wanted to relive that moment very much". Sammy hopes to encourage all, especially teenagers, to participate in regular blood donation so that more patients and families in need could be saved.



Blood 之成分 Apheresis Donation

Q1: 甚麼是成分捐血？

A1: 血液是由紅血球、白血球、血小板和血漿組成的。收集到的全血會被分離為各種不同的血液成分醫治不同疾病。成分捐血主要是利用先進儀器，透過血液分離過程抽取血漿和血小板，其他的血液成分如紅血球等則會安全地由儀器回輸給捐血者。

Q2: 基本要求

- A2:**
- ◆ 曾重覆捐血後而沒有任何不適
 - ◆ 年齡 18 至 60 歲
 - ◆ 體重 60 公斤或以上
 - ◆ 手臂血管粗大 (兩手皆是最為理想)
 - ◆ 通過驗血測試

Q3: 捐成分血要多少時間

A3: 捐贈血小板的整個過程需時約 60 至 90 分鐘，而捐贈血漿則需 30 至 45 分鐘。

Q4: 隔多久才可再捐

A4: 身體很快可以自行補充：血小板大約需要三至七日，而血漿所需要的時間只需二十四小時，所以相隔 2 個星期就可以進行一次成分捐血。

Q5: 如何加入捐成分血的行列？

A5: 捐血者請先親臨任何一間捐血站登記，護士將為你作健康評估及抽血化驗，結果合格便可預約於西九龍捐血站捐贈成分血。

Q1: What is Apheresis Donation?

A1: Blood is a mixture of Red Cells, White Cells, Platelets and Plasma. Most of the whole blood collected will be separated into different blood components so as to benefit more patients. Apheresis is a kind of blood donation in which the blood of a donor is passed through an advanced machine that separates out plasma and platelets through centrifugation and returns the remainder such as red blood cells to the circulation.

Q2: Basic criteria of apheresis donor

- A2:**
- ◆ Regular blood donors without adverse post-donation reactions
 - ◆ Aged 18-60 years
 - ◆ Weight >60kg
 - ◆ Good veins preferably on both arms
 - ◆ Pass blood tests

Q3: How long does it take

A3: A platelet donation takes around 60-90 minutes while a plasma donation takes about 30-45 minutes.

Q4: Frequency of donation

A4: Platelets replenished within 3 - 7 days and plasma within 24 hours, making apheresis donation possible at an interval of 2 weeks.

Q5: How can I join?

A5: Please approach our nurses at donor centres for taking blood samples and health assessment, we will then contact you for making apheresis donation appointment at our West Kowloon Donor Centre.



成分捐血教育短片
Apheresis Donation
Educational video



Blood之花絮 Blood Activity Snapshots

給血聯盟計劃

中心希望透過《給血聯盟》計劃，鼓勵更多企業及團體自發籌辦捐血活動，讓恆常捐血者能感染更多身邊的人，帶動捐血成為個人習慣。

為表揚企業或團體對捐血活動的高度參與和對企業社會責任之貢獻，中心每半年便會頒發《給血聯盟》金、銀及銅獎給予達標的機構及團體，於大眾媒體及社交平台公開表揚他們推廣無償捐血文化的努力。



Give Blood Alliance

"Give Blood Alliance" aims to recruit more donors by rallying the support from all sectors in the community. In particular, BTS is looking forward to partnering with corporates and community groups to host more blood donation events.

To echo the programme, BTS is rewarding "Give Blood Alliance" logos, including Gold, Silver and Bronze Awards, to corporates and community groups with keen participation in blood donation. The list of awardees is announced via mass media and digital platforms to acknowledge their efforts in upholding corporate social responsibility.

「轉動社群 給血聯盟」啟動禮

為推動更多人加入給血聯盟，中心特別於年初在將軍澳PopCorn推出「轉圈挑戰」。演員倪晨曦和運動員楊文蔚兩人即場示範「轉圈挑戰」，讓挑戰者親身感受到缺血人士的頭暈症狀，將捐血重要性的認知傳遞至社會不同層面。

"Move the Community Around & Join Give Blood Alliance" kick off ceremony

Give Blood Alliance spins off the "Turning Challenge" at the PopCorn shopping mall. Artist Elva Ni and athletes Cecilia Yeung demonstrated the "Turning Challenge" at the event to experience the dizziness of people with low blood flow. BTS hopes to raise the awareness of the importance of blood donation through this challenge.

香港紅十字會輸血服務中心
Hong Kong Red Cross Blood Transfusion Service

為表揚各機構或團體對捐血活動的高度參與和對社會責任之貢獻，香港紅十字會輸血服務中心特別頒發《給血聯盟》金、銀及銅獎公開表揚他們推廣無償捐血文化的努力。

小聯盟

150+ 成功捐血
Iglesia Ni Cristo / Church Of Christ / 基督的教會
冬日陽光慈善基金會
越辦越友 • LIFE SAVING TEAM

大聯盟

300+ 成功捐血
友邦保險(國際)有限公司
保誠保險有限公司
香港醫務處

200+ 成功捐血
香港上海滙豐銀行
香港鐵路有限公司
傑展資產管理有限公司 - 鯉魚門廣場

100+ 成功捐血
九龍灣國際展貿中心E-Max
大埔民政事務處 - 大埔社區中心
住定物業管理有限公司 - 紅磡廣場
信和物業管理有限公司 - 宏天廣場
渣打銀行(香港)有限公司
黃埔物業代理有限公司 - 海濱廣場
新濠地產代理有限公司 - 大埔超級城
嘉里物業管理服務有限公司 - 企業廣場
傑展資產管理有限公司 - T Town
傑展資產管理有限公司 - 尚德廣場
德勤 • 關陳陳方會計師行
摩根士丹利亞洲有限公司

太古坊
伊利沙伯醫院
利豐有限公司
香港海關
香港消防處
香港賽馬會
香港懲教署
差餉物業估價署
康宏金融集團
電訊盈科

香港紅十字會輸血服務中心
「轉動社群」



Blood之花絮 Blood Activity Snapshots

《鐵人食單》

《鐵人食單》由九龍中醫院聯網護士和營養師團隊悉心編製而成，介紹不同菜色和飲品的選材和製作方法、分享嘉賓和捐血者心得和啟發更多新「煮」意，鼓勵大家從日常飲食中吸收鐵質，做到「多吸鐵、做鐵人、齊捐血」！

“Iron Feast” Cook Book

“Iron Feast” is written by a team of Kowloon Central Cluster nurses and nutritionists. It included various kind of dishes and drinks recipes and sharing from guests and donors. The Cook Book will help you to increase your iron intake in daily meals so that you all could be an “Iron man” or “Iron Woman” to give blood save lives!



流動捐血教育及宣傳車

今年年初中心特意安排了流動宣傳車，將「捐血救人 從鐵開始」的信息帶到全港各區，並即場為市民測試血紅素及量血壓，讓市民更了解自己的健康狀況。宣傳車即將再次出動，大家要密切留意了！

Mobile education and publicity vehicle spread blood message around the city

Earlier this year a mobile education and publicity vehicle was deployed to help spread the message “Give Blood Save Lives, Start with Iron” to the community. To raise citizens’ awareness on their own health status, the vehicle offers haemoglobin and blood pressure test to the public. Stay tuned and looking for our vehicle on the road!



Blood之花絮 Blood Activity Snapshots

香港紅十字會捐血盃 2018

香港紅十字會捐血盃 2018 於 5 月 27 日順利舉行，大會招募了約 180 名香港紅十字會的同事、會員、義工及親友踴躍登記。當日來自不同組別的 14 個隊伍，分時段前來捐血，工作小姐亦頒發「捐血杯」和「最佳口號獎」鼓勵各個隊伍！

Hong Kong Red Cross Blood Donation Cup 2018

The Hong Kong Red Cross Blood Donation Cup 2018 was successfully held on 27 May. Around 180 colleagues, members, volunteers, relatives and friends from 14 different service units registered for donating blood during different time slots on the day. The "Blood Donation Cup" and "Best Slogan" awards were given to team members.



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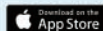
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App Download



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