

8th anniversary Muslim Community-NL
Blood Drive (Dec. 26 & 27, 2025).

Invitation to participate in the 8th anniversary Muslim Community-NL Blood Drive to fill the need of blood in Holiday Season: (Dec. 26 & 27, 2025).

For saving lives, you are invited to participate in the coming Blood Drive Event organized by **Muslim Chaplain MUN_MANAL & MSAMUN** on Dec. 26 & 27, 2025. MUN Muslim Chaplain, in collaboration with Muslim Students Association (MUN-MSA) and Muslim Association of Newfoundland and Labrador (MANAL) are organizing **this event** to assist in filling the need for blood and to ensure blood supply chain continuation during this holiday season on Dec. 26th & 27th , 2025.

If healthy, at least 17 years old, and willing to participate please fill below:

1st Name: _____ last name: _____

Your date of birth: _____, your email: _____

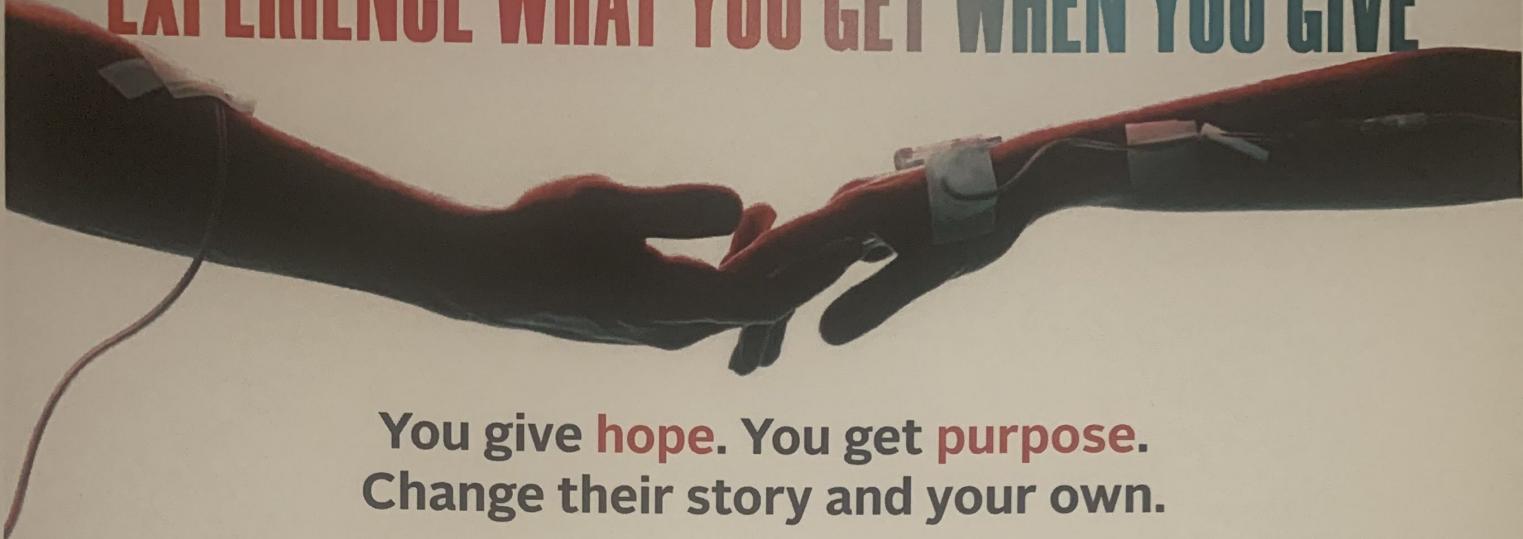
your phone #: _____, your address if need A ride: _____

Circle date: **Dec 26** or **Dec 27**. Choose time between 9am and 2pm _____

Address of Canadian Blood Services: **7 Wicklow St, St. John's, NL A1B 3Z9**

For questions, sending filled forms, please contact the event coordinator: **Dr. Abdelsalam Abugharara @ (a_nasar@mun.ca) or (text: (709) 691-8998).**

EXPERIENCE WHAT YOU GET WHEN YOU GIVE



You give **hope**. You get **purpose**.
Change their story and your own.

Muslim Association of NL blood drive



St. John's Donor Centre



7 Wicklow Street



December 26th: 9 a.m. to 2 p.m.

December 27th: 9 a.m. to 2 p.m.



Scan this code,
visit blood.ca or
open your GiveBlood app
to book your appointment.

Every donation is a chance to do
something **quiet but powerful**.

Visit blood.ca to learn more.



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Basic requirements for blood donation



Identification

You must present at least one of the following forms of ID at the time of your donation:

- Government issued ID showing your full name and date of birth
- Canadian Blood Services issued ID

**If you use the GiveBlood app, your digital donor card found on the app is an acceptable form of ID. To use the digital donor card, enter the donor ID number that appears on the front of your donor card on the Canadian Blood Services app.*



Age

You must be at least 17 years of age.



Weight

You must be at least 50 kg (110lb.) First time donors (aged 17-23) must meet our height and weight requirements. visit blood.ca for additional information.

Wait before donating, until:

- The day after treatment if you have had a cleaning or a filling. If you have had an extraction, root canal or dental surgery you are eligible 72 hours after treatment, as long as you have fully recovered.
- You have fully recovered, if you have a bad cold, flu or sore throat.
- Three months have passed, if you have had an ear or body piercing or tattoos.

Our commitment to safety

Donating blood does not put you at risk for diseases. All needles are sterile, used only once and discarded. The usual blood collection, a "unit", is about half a litre or one pint. Your body soon replaces all the blood you donate.

The above eligibility requirements were accurate at the time of printing. Eligibility requirements are subject to change. For more information on eligibility requirements, please visit blood.ca or call **1 888 2 DONATE (1.888.236.6283)**.

When completing the donor questionnaire, remember to answer all questions truthfully and that to make a false statement is a serious matter that could harm others.



Frequency of donation

Minimum interval between blood donations is 56 days for males and 84 days for females.



Health and testing

You must be in general good health and feeling well. You should have had something to eat and adequate sleep. Make sure you are well hydrated. You must also meet the hemoglobin requirements (test done at the donor centre) on the day of your donation.



Screening

At the time of donation, you will need to answer a number of questions to determine your eligibility.



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