

Dear Parents,

The Kindergarten Starters is organizing a Blood Donation Camp to support Sharjah **Blood Donation Centre at The Kindergarten Starter's Campus on 10<sup>th</sup> June 2019 between 9:00 a.m. to 1:30 p.m.** We would very much appreciate if you could personally participate in this Noble Cause and spread the message to all your Friends, Relatives and Colleagues.

If you want to be a Donor, please update the below link

[Blood Donation @ KGS](#)

Please find below the requirements:

1. No blood donor will be accepted unless he/she shows the original U.A.E national ID
2. (Only resident donors who have National UAE id as allowed to give a blood and to donate)
3. The age of the donor should be from 18 up to 65 years.
4. The weight of the donor should be more than 55 kilograms.
5. Pregnant or lactating Ladies will be rejected.
6. Persons under specific medication (antibiotic, cardiac medicine, insulin, etc.) will be rejected.
7. The donor should not be fasting, and we are willing to provide for our precious donors some fruits, biscuits and juices.
8. The procedure of donation will take each donor almost 20 minute for each donor.
9. Those with a history of infection with Hepatitis B are not allowed to donate
10. You should be in good health and feeling well on the day of donation and should have a good sleep previous night. Have breakfast. Drink fluids after giving blood. Avoid strenuous exercise, avoid smoking for several hours after you give blood and avoid high places.

There are some countries endemic for by malaria disease (like India, Pakistan, Bangladesh..... East Asia, and some African countries), so person who has visited one of these areas for less than "6 months ago" will be rejected.

Thank you.

With regards,



**Asha Alexander**  
Principal