

記得旅行前先捐血！ Donate blood before you travel!

別以為想捐血就隨時可以捐血，有時剛外遊回來是不宜捐血的。既然如此，何不旅行前先捐血？

Don't think you can always give blood whenever you want to; sometimes right back from a trip may make you unfit for that. So why not give blood before travel?

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

香港人熱愛旅遊，特別是在聖誕、農曆新年等長假期，外遊人數更是屢創新高。可是，這些旅遊旺季卻正好是血液需求較大的日子，因為天氣寒冷易於令人發病，加上流感高峰期等情況，在在都為血庫帶來壓力。此外，不少旅遊熱門地點都有潛在的傳染病風險，旅客回港後，或者要至少二十八天後才可捐血。

血液並沒有代用品，全賴有心人定期慷慨捐贈，血液供應才能穩定，病人才能得到適當治療。因此，下次出外旅遊前，何妨先捐血助人，再旅遊娛己？

想捐血救人，單是有心仍然不成，還要身體的鐵質足夠才可以，因為鐵質製造血紅素，而血紅素不足，就不可捐血了。過去兩年，每年都有大約四萬人因此而要暫緩捐血。以下是有效吸收鐵質的小提示：

- 多吃鐵質含量高的食物，如牛肉、蠔、芝麻、豆類等；
- 再配以含豐富維他命C的食物，以助鐵質吸收；
- 用餐時別喝濃茶或咖啡，以免當中的單寧酸阻礙鐵質吸收。

捐血之後，捐血者會免費獲派口服鐵質補充劑，藉以提高體內的鐵質水平。想知道更多捐血的資訊，可瀏覽輸血服務中心的網站(www.ha.org.hk/rcbts)，或下載手機應用程式「HK Blood」。📱

Hong Kong people are fond of travel, especially during long holiday breaks such as Christmas and Chinese New Year when the number of outbound travellers has kept breaking records. During such high season, however, the demand for blood is also higher because of winter illnesses, outbreaks of seasonal influenza, etc, thus putting pressure on the blood bank. As quite a number of popular travel destinations may pose a risk to travellers due to infectious diseases, they, after returning to Hong Kong, may have to wait for at least 28 days before eligible to give blood.

There is no substitute for blood, and its stable supply for appropriate treatment relies on the generosity of all who make regular donation. Next time before we travel, why don't we first give blood to help others and then travel to enjoy ourselves?

To be an eligible donor, just having generosity is not enough if there is insufficient iron in the body because iron deficiency could reduce haemoglobin levels, and without sufficient haemoglobin, blood donation is not possible. In the past two years, around 40,000 donors had to give blood later annually because of low haemoglobin levels. Here are some tips for a better iron intake:

- Eat more iron-rich foods, such as beef, oysters, sesame and beans;
- Eat also vitamin C-rich foods to enhance iron absorption;
- Don't drink strong tea or coffee during meals as the tannin in it reduces iron absorption.

Free oral iron supplements are given to every blood donor to help restore their iron level. For more information about blood donation, please visit the website of the Blood Transfusion Service (www.ha.org.hk/rcbts) or download its mobile app "HK Blood". 📱