



## **Accept the call and become a hero!**

Blood is the most precious gift that anyone can give to another person — the gift of life. A decision to donate your blood can save a life, or even several if your blood is separated into its components. For this reason, PPSF is launching an annual event entitled "Accept the call and become a hero!"

Being in the organizing team for this event makes me more professional and creates the best version of myself, starting from planning a blood drive to finding a suitable location, such as a public square or a community center and in PPSF we're in contact with Blood bank donation center so we hosted the blood drive in a partnership - between our community and our local Red Cross and the most important part in this organizing is to recruit volunteers from PPSF and our community by advertising the blood drive through PPSF's social media pages.

When someone needed to be hospitalized and needed blood, their family started to find out whether their blood could be used for treatment. If the family could not donate, they would turn to relatives. We accepted 150 blood donors from our society with different blood groups to cover the difference especially with COVID-19 pandemic. We had volunteers with the blood service to reach out to members of our community, provide care to donors, and help manage blood donation sessions/drives. Find out a blood type and register as a blood donor. It was a humanitarian and healthy campaign with a Participation of our members in PPSF and their friends and relatives.

The challenges were COVID-19 Pandemic and some side effects of blood donation, some people may experience some minor bruising due to blood under the surface of the skin, people may experience minor bleeding from the needle site after donating blood and fatigue and lightheadedness after blood donation.

The take home message that I got from this event and I'm very pleased to share it with you is: A life may depend on a phone call or a blood bag. Accept the call and become a hero to someone, somewhere, who receives your gracious gift of life. Donating blood during the pandemic is more important than ever. That's why we managed the blood donation event with blood bank here in Palestine in an annual manner and posted some flyers on our social media pages.

Donating blood is easy and rewarding, so You will not feel any ill effects after donating blood and you can save the lives of someone who needs your blood.

Healthy People Care, Healthy People Donate Blood!

**Hala J. Redwan**  
**5th year Pharmacy Student**  
**SecGen of PPSF, Palestine**