



IT'S SUMMER, LEND A HAND, LEND AN ARM: COME AND DONATE BLOOD!

Montreal, July 20, 2022 – This summer, make a vital gesture and make life meaningful: donate blood. Hundreds of people need a donation in order to regain their health. To make it easy for you, a drive is organized near you. All you have to do is make an appointment! Who knows? You might even make it a habit!

LOCATION: Fire Station

ADDRESS: 15 Principale Street South

DATE: Tuesday, August 23, 2022 between 1:00 p.m. and 7:30 p.m.

GOAL: to convince 90 donors to roll up their sleeves just long enough for a quick blood donation.

It's summer, roll up your sleeves!

Because blood is perishable and cannot be stored for long, about 1,000 blood donations are needed every day to ensure an optimal reserve level. To do so, Héma-Québec is counting on the generosity of Quebecers to roll up their sleeves during the summer. It's so easy! If you're afraid of needles, just know that the people on site are qualified to oversee this experience. They will be able to reassure you, and you will be so proud to have donated!

To prevent line-ups and respect your busy schedule, we have set up an appointment system. This method, which arose out of the pandemic, has been tested and makes the blood donating experience even easier for everyone. To **make an appointment** before going to a blood drive, you can either call 1-800-343-7264 (SANG) or **book a spot online** by creating your profile at <https://jedonne.hema-quebec.qc.ca>.

Want to check if you can donate?

Before going to a blood drive, you can always confirm your eligibility with Donor Services at 1-800-847-2525 or visit the Héma-Québec website at <https://www.hema-quebec.qc.ca/index.en.html>, under the section *Donors > Blood > Who Can Donate?*

About Héma-Québec

Héma-Québec's mission is to efficiently meet the needs of the Quebec population for quality blood and other biologic products of human origin. Héma-Québec has more than 1,400 employees, nearly 225,000 donors of blood, stem cells, mother's milk and human tissues, and thousands of volunteers at blood collection sites. Every year, Héma-Québec delivers nearly 750,000 biological products of human origin to Quebec's hospitals in order to meet patients' needs.

Give blood. Give life.

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For more information:

Héma-Québec

Media line | 514-832-0871

<https://www.hema-quebec.qc.ca/index.en.html>

DONNEZ DU SANG. DONNEZ LA VIE.