

**Types of blood:**

|  |  |  |
| --- | --- | --- |
| **Types:** | **You can give to** | **Can receive from** |
| A+ | A+ AB+ | A+ A- O- O+ |
| O+ | O+ A+ B+ AB+ | O+ O- |
| B+ | B+ AB+ | B+ B- O+ O- |
| AB+ | AB+ | EVERYONE |
| A- | A+ A- AB+ AB- | 1. O- |
| O- | EVERYONE | O- |
| B- | B+ B- AB+ AB- | B- O- |
| AB- | AB+ AB- | AB- A- B- O- |

**What we have studied in unit 2:**   
**\*About the cardiovascular system   
\*EKG  
\*Blood**

**Discredit myths about donation blood:**  
**Myth 1: Donating blood will hurt**

**Fact: blood donation does involve a needle prick, but it is not a painful procedure. It only involves momentary discomfort.**

**Myth 2: My health will deteriorate after donating blood**

**Fact: This is not true. In fact, research has shown that donating blood reduces your chances of developing cardiovascular diseases and prevents excess iron from accumulating in the body.  
Myth 3: Donating blood can lead to obesity**

**Fact: Donating blood does not directly affect your body weight. Some people eat more than normal and avoid exercise after donation that may in turn lead to weight gain.  
  
Myth 4: Donating blood may expose me to various infections such as HIV.**

**Fact: If you make sure that new needles are used and sterilization is maintained during the blood donation, there are no chances of being exposed to HIV or other infections.**