



MEDIA RELEASE

Tuesday 14 July 2015
EMBARGO: Immediate

Donate blood and save lives with Knysna Municipality

As part of her Mandela Day programme, Knysna Executive Mayor Georlene Wolmarans is urging residents to donate blood. "South Africa is facing a major blood shortage," she said. "In some cases, hospitals are postponing scheduled operations in order to reserve blood for emergency operations."

"This is a problem that we can all do something about," she continued. "Working with the Western Cape Blood Transfusion Service, we will be hosting a blood donation drive at 3 Clyde Street, next door to the main municipal building, from 10h00 to 14h00 on Monday 20 July."

Blood donors must be between the ages of 16 - 65, weigh more than 50kg's, be medically healthy and lead a safe lifestyle. Donors are also urged to eat a substantial meal three to four hours before donating blood, and to drink lots of water and/or juice on the day of donation.

"Life is unpredictable," Wolmarans continued. "You might need a blood transfusion in the near future. But you can donate blood on Monday. We all try to make our 67 minutes of service count on Mandela Day. Donating blood will take less time but, by donating blood once, you can save three lives."

"And if Monday is the first time that you donate blood, I urge you to consider becoming a regular donor," she concluded. "I believe that every day is Mandela Day - we should all be on a constant look out for ways in which we can serve our community. Donating blood is an easy, selfless act that you can do on a regular basis. It's the easiest way I know of saving lives."

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