

Donate blood at two-day drive in Seremban

MATRIX Concepts Foundation (MCF) and Mawar Medical Centre (MMC) will organise a blood donation drive on July 23 and 24 to help replenish supply at Seremban's Tuanku Ja'afar Hospital.

MCF adviser Datin Seri Yong Chou Lian said the programme would be carried out jointly with Fo Guang Seremban Association at MMC in Seremban, Negri Sembilan, from

9am to 3pm.

"Since we are transitioning to the endemic phase of Covid-19, we are now able to resume our annual blood donation drive that have to be deferred for a few years.

"Our last donation drive was in June 2020. We had then managed to collect 442 bags of blood.

"However, with the increase in blood donation activities nationwide and updates from the

Tuanku Ja'afar Hospital blood bank that their supply of AB-blood type was at optimum level, we have revised our target and hope to get 300 bags," she said.

The campaign is also in support of the World Blood Donor Day 2022 slogan, "Donating Blood Is An Act of Solidarity. Join the Effort and Save Lives."

"Giving blood is a gift of life and almost every one of us can

afford this," said Yong.

"However, to ensure we qualify as donors, we must maintain a healthy lifestyle and diet, as well as exercise," she said, adding that donating blood was a noble deed as each bag could save at least three lives.

For details on the donation drive, visit www.mchb.com.my Alternatively, call MMC at 06-764 7048 or 016-5750 288, or visit MMC's Facebook page.



Yong: To qualify as blood donors, maintain a healthy lifestyle and diet.