圣诞佳节 捐血特别

陈颖温 ◎ 报道

在这个圣诞佳节期间，想要赠送别有意义的礼物的公众，可考虑捐血救人一命。每人所捐出的一包血能够帮助三个病人。

新加坡管理大学的学生昨日在多美歌地铁站号召路人捐血，希望公众在欢度佳节的同时也为病人献出爱心。

活动策划主席陈啓蕾（21岁、新大三年级学生）两年前第一次捐血时一看到针就害怕，但后来发现抽针并不疼痛。她说：”我希望通过自身的经验来让家人和朋友知道捐血并不想像中那么恐怖。只要人们肯付出短短的时间，就可以帮助另外三个人。”

一些人以为捐血会降低免疫力，但这是不真实的。而现场的捐血者也表示他们一点都不觉得痛。

这是新大第三次与新加坡红十字会联办捐血活动。捐血者只须抽出大约十五到二十分钟的时间，完成登记、健康检查和抽血过程。

陈啓蕾说，捐血者捐出的每包血大约300毫升，一包血就能救三个人。新大希望在这三天内吸引800人捐血。昨天一共收集了200多包血。

谭君贵（18岁，初院毕业生）昨天在朋友的陪同下第一次捐血。他刚路过地铁站，所以就决定趁佳节做点善事。有了第一次后，他表示以后还会再捐血。

廖伟雄（25岁，新加坡国立大学学生）在女友李芸珮（24岁）的鼓励下来捐血。他女友自四年前开始，每年捐一次血，所以也叫他一起来。这是廖伟雄第二次捐血。

年龄介于16到60岁之间的人可在今天和明天携带身份证到多美歌地铁站内（东北线出口处）前往新域大厦的通道捐款。捐款时间是上午11点到下午5点。捐血者的体重必须在45公斤以上，健康必须良好。18岁以下的捐血者必须得到父母的同意。

（蔡家培摄）
If you would like to give a very meaningful present this Christmas, why not consider donating your blood to save someone? Each bag of blood will help three patients.

SMU students were at the Dhoby Ghaut MRT station yesterday encouraging the public to donate blood. 21 year old third year SMU student 陈沁蕾 said that when she donated blood two years ago, she was afraid when she saw the needle. In actually however, it was not painful. She says that she hopes that from her experience, family and friends will come to see that donating blood is not as scary as one may think. It only takes a short time and the blood donated can help three other people.

Some may think that donating blood will weaken their body. This is not so. In fact, blood donors have commented that they don't feel any pain at all.

This is SMU's third collaboration with the Red Cross. It only takes 15 to 20 minutes to complete the blood donation process.

About 300 millilitres of blood is donated in every bag. Each bag can help three people. SMU hopes that the three day blood donation drive will attract 600 people to donate blood. Yesterday, over 200 bags of blood were collected.