
















If you have any of the symptoms described below, let your interviewer know.

| DISEASE                | SYMPTOMS  | TRANSMISSION  |
|------------------------|---|---|
| <b>AIDS</b>            | Unexplained weight loss and fever, night sweats, blue or purplish spots on the body, swollen lymph nodes, white spots or wounds in the mouth, cough, diarrhea, shortness of breath. |    |
| <b>HTLV I/II</b>       | Symptoms related to neurological and hematological diseases.  |    |
| <b>SYPHILIS</b>        | Wound that doesn't hurt, doesn't itch, and doesn't burn in the genital area or other areas of the body.   |  —    |
| <b>HEPATITIS B e C</b> | Fever, weakness, muscle pain, lack of appetite, nausea and vomiting, pale feces and dark urine, yellowish skin and eyes.  |    |
| <b>CHAGAS DISEASE</b>  | Fever, malaise, inflamed and painful nodes, redness and swelling in one or both eyes, enlarged liver and spleen, frequent choking, constipation and heart failure.                  |  —    |
| <b>MALARIA</b>         | High fever, chills and profuse sweating. Headache and body pain, lack of appetite, yellowish skin and tiredness.  |  —    |



Blood transfusion



Transmission by sharing needles



Bug bite



Sexual intercourse

# WHAT IS NEEDED FOR A SAFE DONATION?

## BASIC CONDITIONS FOR DONATING BLOOD

- Be healthy;
- Be well fed;
- Have slept at least 6 hours in the last 24 hours;
- Weigh above 50 kg;
- Be between 16 and 69 years old, with the first donation by 60 years old;
- Drink at least 2 glasses of water before the procedure.

Candidates for blood donation between the ages of 16 and 17 must present the Consent Form signed by their legal guardian, available at [doador.hemoce.ce.gov.br](http://doador.hemoce.ce.gov.br)

**HEMOCE**  
CENTRO DE HEMATOLOGIA E HEMOTERAPIA DO CEARÁ

**CEARÁ**  
GOVERNO DO ESTADO  
SECRETARIA DA SAÚDE

For contact and more information, go to Donor Portal



ANX - REC04 - REV0

## STEPS FOR BLOOD DONATION



### REGISTRATION

Present an official identification document with a photo or a certified copy and provide information to ensure Hemoce can communicate with you.



### PRE-SCREENING

Heart rate, temperature, blood pressure, hemoglobin and weight are evaluated.



### CLINICAL SCREENING

A confidential interview is conducted with you. To ensure both your safety and the safety of the patients who will receive the donation, it is important that all questions are answered sincerely, clearly and honestly. **Be honest!**



### SELF-EXCLUSION VOTE

Vote confidentially.  
Select **NO** if you are insincere in your answers and the blood is not suitable for transfusion. In this case, the collection and tests are performed, but the blood will not be transfused.



### BLOOD COLLECTION

In about 15 min, the collection will be made with sterile and disposable material and please, **STAY PUT UNTIL 15 MIN AFTER THE DONATION.**



### BE A 5 STAR AND MEGA STAR DONOR!

**Every donation is special.** For every five donations, the donor earns a star on their donation voucher. After completing five stars (20 donations) the donor receives a 5-star button and above 25 donations they receive the **Mega Star** button, which gives priority to the donor on next donations.

Our off-site collection calendar can be found on the Hemoce website:  
[www.hemoce.ce.gov.br](http://www.hemoce.ce.gov.br)



## TESTS PERFORMED ON THE COLLECTED BLOOD



The tests performed are blood typing, hemoglobin electrophoresis and tests for Hepatitis B and C, syphilis, Chagas disease, HIV and HTLV. For greater transfusion safety, molecular biology tests are also performed for Hepatitis B and C and HIV, called the NAT test

**In some situations, tests may not be performed and the donor may be called for guidance and collection of new samples.**

Do not donate blood if you only want to know tests results or to evaluate your health condition. If you came for this purpose, please seek a testing center and counseling

## SEE THE PHONE OF SOME TEST CENTERS HERE:

**Fortaleza:**  
[85] 3283.4556

**Iguatu:**  
[88] 3581.2379

**Sobral:**  
[88] 3614.7251

**Crato:**  
[88] 3523.3823

**Juazeiro do Norte:**  
[88] 3512.3650

**Quixadá:**  
[88] 9 8842.1370

Inform in the clinical screening if you used medications to prevent HIV contamination, called PreP, PEP, TRUVADA or DESCovy, or if you use HIV medication!

**DON'T FORGET! THE SAFETY OF THE DONATION DEPENDS ON YOUR SINCERITY IN THE INTERVIEW.**

Blood donation can cause iron deficiency!

**Learn more about it...**

