



Make blood donation one of your projects this fall

Montréal, October 21, 2021 – Drawing up your list of fall projects? Why not add donating blood to your schedule? It takes just one hour to perform this act of solidarity with patients who are waiting for a transfusion of blood products.

The Cookshire-Eaton City, in collaboration with the Sûreté du Québec MRC Haut Saint-François and the Cookshire-Eaton Firefighters invites you to the blood drive to be held on **Tuesday, November 23, between 13:30 p.m. and 19:30 p.m.** at Guy-Veilleux room located at 75, Castonguay Street, Cookshire-Eaton. The goal of this event is to welcome **50 donors**.

In normal times, as well as in a pandemic, 1,000 blood donations are needed each day to guarantee an optimal supply of blood products. To fulfill its mission, Héma-Québec counts on the generosity of thousands of donors who willingly roll up their sleeve to help others.

Héma-Québec has put everything in place to continue to make blood donation a **safe experience** and reminds donors that all its activities comply with public health directives. A wide range of measures have been implemented at all its collection sites, including access control, additional disinfection measures and the logistical organization of blood drives to meet social distancing measures.

To consult all the **measures being deployed**, go to www.hema-quebec.qc.ca/coronavirus/index.en.html

Anyone wishing to donate blood **must book an appointment** before coming to a blood drive. Call 1 800 343-7264, e-mail igive@hema-quebec.qc.ca, or visit www.hema-quebec.qc.ca/formulaire-demande-de-rendez-vous.en.html.

Can I donate blood if I have been vaccinated against COVID-19?

Yes. All eligible persons vaccinated against COVID-19 can donate blood if they are feeling well on the day of the donation. Vaccines authorized by Health Canada do not result in exclusion from donating blood.



Before heading to a blood drive, you can check your eligibility to donate with Donor Services at 1 800 847-2525 or by consulting Héma-Québec's website at www.hema-quebec.qc.ca, *Donors > Blood > Who Can Donate* section?

About Héma-Québec

Héma-Québec's mission is to efficiently meet the Québec population's needs for blood and other high-quality biological products of human origin. Héma-Québec has more than 1,500 employees, nearly 255,000 donors of blood, plasma, stem cells, mothers' milk and human tissue, as well as thousands of volunteers at blood drive sites. Héma-Québec delivers nearly 750,000 human-derived biological products to Québec hospitals every year to meet patients' needs.

Give blood. Give life.

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Information:

Héma-Québec

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www.hema-quebec.qc.ca