

# Centara Hat Yai joins the Thai Red Cross Society to donate blood



Centara Hat Yai joins the Thai Red Cross Society to donate blood. On Thursday, March 28, 2019, at 1:00 pm to 4:00 pm, on the 1st floor (car donation service)

All units donated by the Thai Red Cross will be used to treat patients throughout the country.

Suggestions ... Blood Donation

1. Relax at least 6 hours.
2. Do not eat fried foods before donating.
3. Healthy, not a drug user.
4. Weight of 45 kg or more.
5. Not in menstrual period Or back pain
6. The blood concentration of women is greater than or equal to 12.5g / dl. Men are more or equal to 13.5 G / dl.
7. Regular flu vaccination At least 3 days after injection. Tetanus 1 month

For more information, please call 074-352222 ext. 2670