Aus Liebe zum Menschen. ÖSTERREICHISCHES ROTES KREUZ OBERÖSTERREICH

cloudflight where community meets opportunity DIGITAL MILE LINZ

Invitation to

DiMi-BLOOD DONATION CAMPAIGN

Zur Terminreservierung

Monday, September 14th 2026 11:00 – 4:00 p.m.
Cloudflight, Event Location

Any healthy person **aged between 18 and 70 can donate blood at intervals of 8 weeks.** The **health questionnaire to be completed before donating blood** – ideally at home via the **"MeinBlut" app up to 48 hours in advance** – and the confidential consultation with our medical staff on the day serve to ensure the safety of our blood products and the safety of blood donors. Please bring a **valid photo ID** with you when you come to donate blood. You will receive your lab results within a few days via the "MeinBlut" app, or – if you do not use the app – by post in around 6 weeks, so donating blood also serves as a mini health check for you. To minimise waiting times, we recommend using the appointment booking service (via the "Mein Blut" app or at termine.blut.at).

You should eat at least a small meal and drink plenty of fluids in the 3–4 hours leading up to your blood donation, and avoid physical exertion afterwards.

DONATE BLOOD – SAVE LIVES!

You must not donate blood if any of the following apply:
You can find all reasons for exclusion here

- „fever blister"
- open wound, fresh injury
- acute allergy
- sick leave and cure

In the last 48 hours:

- One vaccination with inactivated vaccine e.g. TBE, influenza, diphtheria, tetanus, polio, meningococcal, hepatitis A/-B, covid-19
- Non-bloody dental procedures

In the last 3 days:

- Desensitization treatment (allergies)

In the last 7 days:

- Scaling
- Tooth extraction
- Root canal treatment

In the last 4 weeks:

- Infectious diseases (influenza infection intestinal infection or diarrhea, etc.).
- A vaccination with live vaccine, e.g. measles mumps, rubella, BCG, etc.
- Taking antibiotics

In the last 2 months:

- Tick bite

In the last 4 months:

- Piercing, tattooing, ear piercing, acupuncture outside of doctor's office, permanent make up
- Gastroscopy, colonoscopy
- Contact with HIV, hepatitis-B, -C

In the last 6 months:

- Stay in malaria areas

If you have any questions, please contact the Linz Blood Centre via the free **blood donation helpline: 0800 / 190 190, or by email at spm@o.roteskreuz.at**. You can find further blood donation dates in daily newspapers and online at www.roteskreuz.at/ooe.