Aus Liebe zum Menschen. ÖSTERREICHISCHES ROTES KREUZ OBERÖSTERREICH

TABAK FABRIK

where community meets opportunity DIGITAL MILE LINZ

Invitation to

DiMi-BLOOD DONATION CAMPAIGN

Tuesday, March 24th 2026
11:00 – 4:00 p.m.
Tabakfabrik Linz
House Havanna, CUBA & LIBRE, 1. Floor

Registration

All healthy people **aged 18 and over can donate blood every 8 weeks**. The health questionnaire to be completed before donating blood and the subsequent confidential discussion with our doctor serve both the **safety of our blood products** and the **safety of the blood donors**. Please **be sure to download the** 'My Blood' app and complete the **health questionnaire** there - at the earliest 48 hours before donating blood. Please also bring an **official photo ID** (and your **blood donor card** if applicable) to the blood donation. The app enables digital and up-to-date preparation for the blood donation, as well as **direct access to the test results** after completion of the laboratory tests (takes approx. 2 days). This makes donating blood a small **health check** for you. Make sure you eat and drink enough before donating blood and avoid physical exertion after donating blood.

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 blood centre Linz on the free **blood donation hotline: 0800 / 190 190** or by e-mail **spm@o.roteskreuz.at**.

Also for ENGLISH-SPEAKING blood donors!

digital-mile.at bet-at-home cloudflight dynatrace karriere.at KEBA kontron mic Netural smec TECH HARBOR