



**SHE GIVES
BIRTH.**

**YOU GIVE
BLOOD.**

An easy way to support your partner.

 **she gives birth**

 **Australian Red Cross
BLOOD SERVICE**



Congratulations to you and your partner!

We know this is an exciting time as you prepare for your new arrival. Sometimes, though, the focus on mother and child can leave you wishing you could help more.

Blood donation is an easy and meaningful way to help during pregnancy.

You can donate whole blood every three months or plasma as often as every two weeks, meaning you can make a donation at least three times during the pregnancy – once every trimester.

You can connect your donations with the important milestones of your partner's pregnancy and know that you're saving lives – maybe even the lives of a mother and child!



The numbers



A blood transfusion can be critical during childbirth. In fact, 19 per cent of pregnancies require blood or a blood product. That means almost 140 births every day make use of blood donations.

4 per cent of all blood donations go to obstetrics. That's twice the amount that goes to road trauma victims!

How to get involved

Visit donateblood.com.au/she-gives-birth to show your support, find out more and make an appointment.