



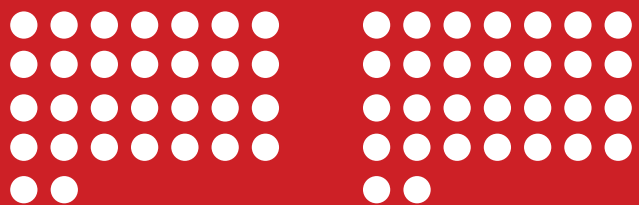
... that's

150

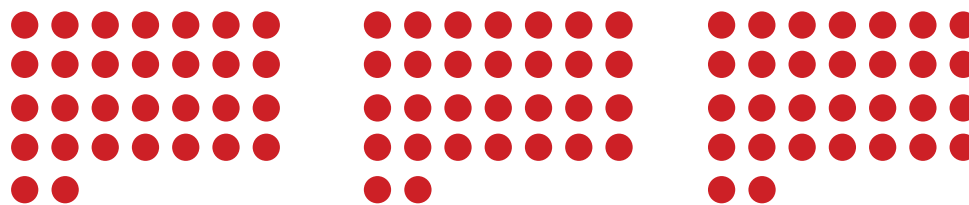
people per day

**One donation can save
up to 3 lives.**





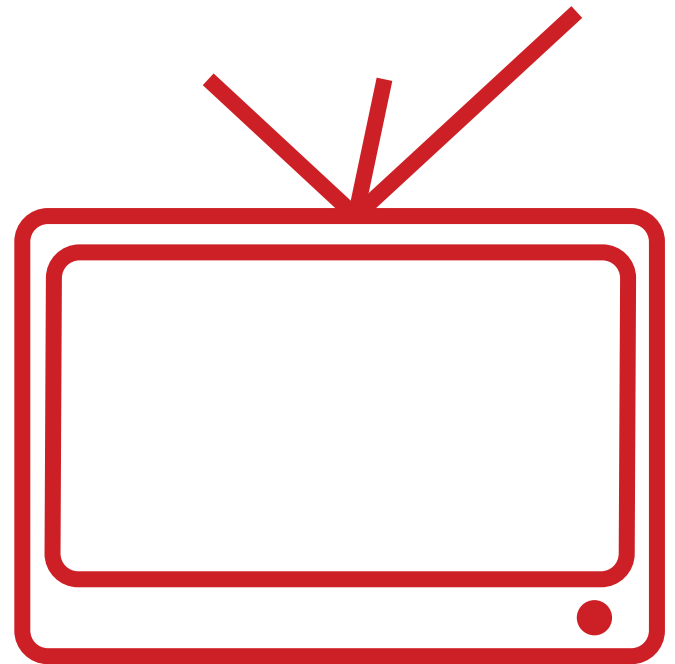
**Men can
donate
every
61
days**



**Women
every
91
days**

**Only 5% of the Finnish
population donates.**







PAIN?

**Just a little pinch can
make you a lifesaver.**



SAFETY

Donation is safe. You cannot get HIV or any other diseases from donating.

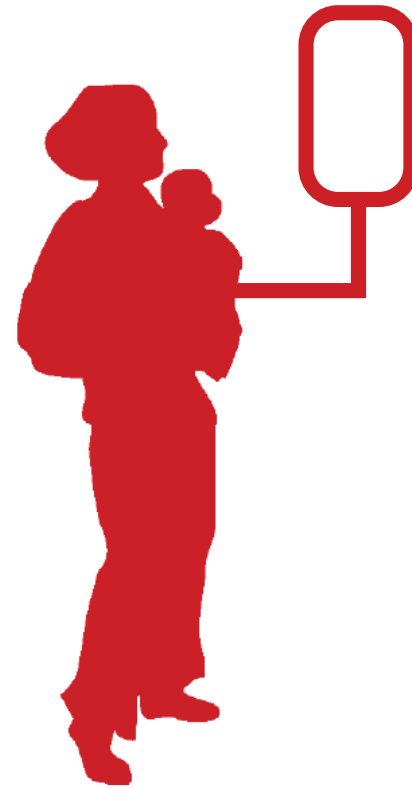
Are YOU a blood donor?



**32% of people haven't
even thought about it.**

**You or loved ones may need blood
at some point in their lives.**



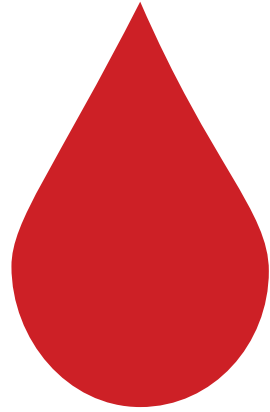


**Regular
shortage**

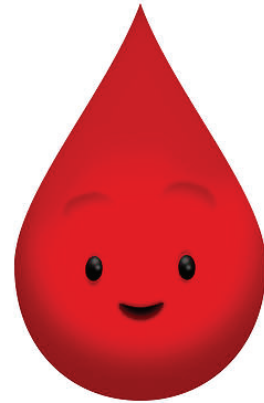
Make it a po

Almost everyone can donate.

**It's fast,
safe
and easy!**



What's your excuse?



TIME?

**Donating only take
a small slice of
your day.**

**You can even
book a time.**

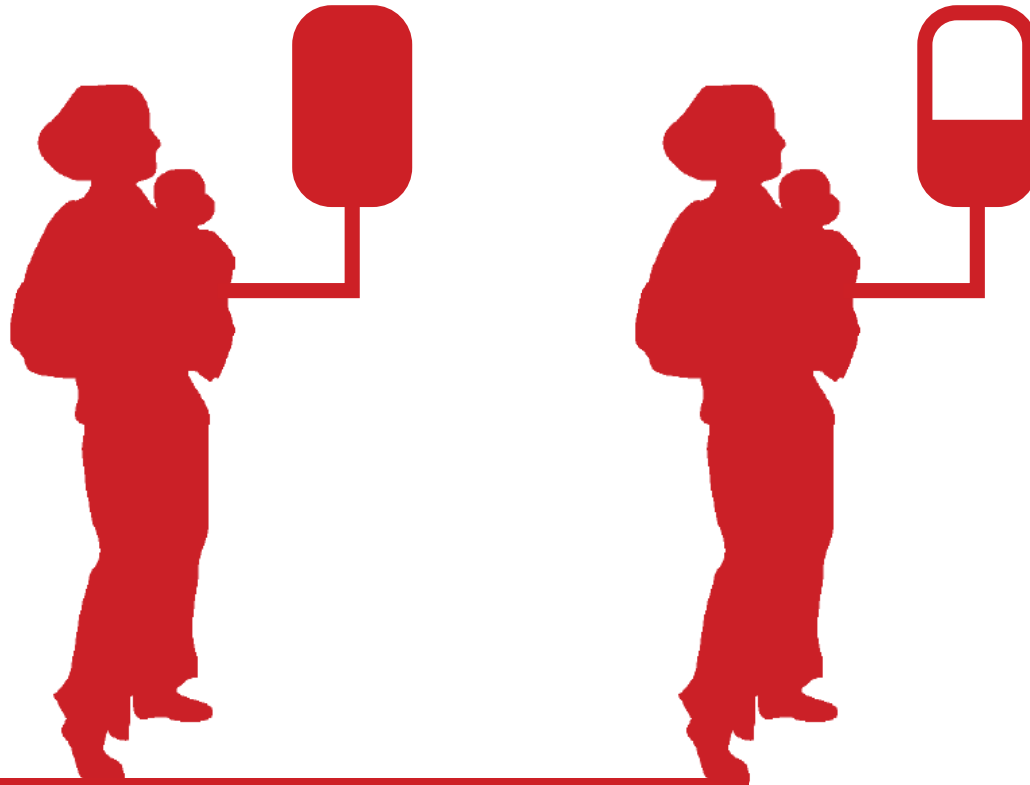


**A 30 minute dona-
tion takes less
time than most TV
shows.**



SAFETY

**Donation is safe.
You cannot get HIV or
any other diseases from donating.**



Regular donors are vital to address blood shortages.

Make it a positive habit in your life.



Regular donors are vital to prevent blood shortages.

Make it a positive habit in your life - we count on our regular donors.