

# BLOOD DONATION IN DENMARK





## BLOOD DONATION

In order to become a blood donor in Denmark, there are some rules you have to familiarise yourself with. The rules are made to keep the blood donations of the highest quality, whilst keeping the donor, patients and health care staff safe at all times. Such standard procedures and safety rules are considered good practice by every blood bank in Denmark and will be adhered to at all times. But first of all, thank you for being interested in becoming a blood donor!

### **A blood donor in Denmark**

Blood donation in Denmark is voluntary, unpaid and anonymous. This means that the donation is based on the desire to help others, who need it and not the desire of an economic benefit. Furthermore, the patient will not know who you are, because you are an anonymous blood donor.

### **General rules**

In general, everyone who is healthy between the ages of 17 and 60 years old, weighs more than 50 kilos and has a Danish Social Security number is welcomed as blood donors. However, there are also some quarantine rules, which affect

whether you are allowed to donate blood or not, such as the use of medication, certain diseases and travelling. Before every donation, donors are checked in accordance to the quarantine rules in means of a questionnaire and a minor conversation with one of the health care staff.

### **Malaria**

One quarantine rule that is very important for foreigners is the one about malaria. It will give you 3 years of quarantine if you are born in a malaria area and have lived there in 6 months or more during the 5 first years of life. Even a minor holiday back to the home country

will give you another 3 years of quarantine. If you ever have been infected with malaria, you cannot become a blood donor.

### **Language requirements**

Besides that fact that you must have lived in Denmark for a minimum of one year and been healthy that whole year, you also have to learn to speak and understand Danish.

This special requirement exists because as written in the law, all donors must be able to speak and understand Danish, in order to answer the written and oral questions given:

*“The donor must be able to understand information given at any point in time, including the relevant questionnaires. It must be possible to communicate directly with the donor in Danish without using an interpreter.”*

These regulations are made to prevent misunderstandings between the donor and the

staff of the blood bank, because you as a donor cannot give consent to something that you do not understand. Without your consent in Danish, you will not be able to donate blood.

### **Translation**

A logical question to the language requirements is ‘why not translate?’

First of all, the law mentions that this is not an option. Another feature is that the high quality and safety rules can be compromised in translation due to the risk of meaning being lost in translation, both in relation to the questionnaires and between the donor and the health care staff with different linguistic backgrounds.

In Denmark there are approximately 218,000 blood donors. They can donate full blood up to 4 times a year and each time is 450 ml of blood donated. One donation can help up to 3 persons.

If you have any questions, please feel free to visit the webpage [www.bloddonor.dk](http://www.bloddonor.dk) and choose the English version.