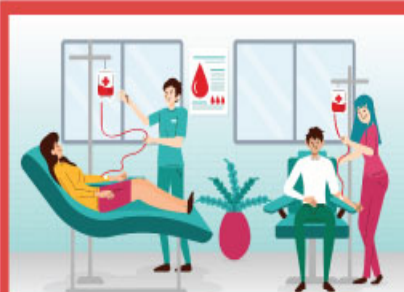


Other Ways To Contribute



How else you may support the good cause



Organize a blood donation drive

Act as a volunteer



Spread awareness using various social media platforms

Make financial donations to the American Red Cross or similar organizations



Minimum gap between childbirth and blood donation suggested by various notable institutions

Country and/or Organization		Recommendation
World Health Organization		9 months
American Red Cross		6 weeks
Canadian Blood Service		6 months
National Health Service, UK		6 months
La Leche League, France		6 months
Australian Red Cross		9 months
National Health Policy, India		12 months

References

1. Blood donation process; The American National Red Cross
2. Who can give blood; World Health Organization
3. ABCs of eligibility to donating blood, platelets and plasma; Canadian Blood Services
4. Pregnancy - had a baby; National Health Services Blood & Transplant
5. Donate blood, eggs, bone marrow... when breastfeeding; La Leche League France
6. I'm breastfeeding. Can I donate?; Australian Red Cross Lifeblood
7. Blood donation; National Health Portal; Government Of India

Mom Junction

Source: https://www.momjunction.com/articles/is-it-safe-to-donate-blood-while-breastfeeding_00120541/