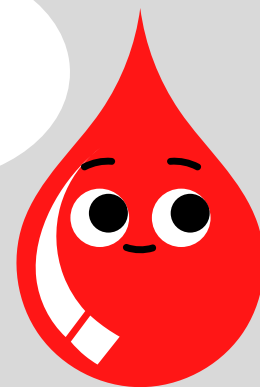


**Health and Safety Office  
invites employees, doctoral  
students and students of the  
University of Gdansk to the**

**Share!**



# **DONATING BLOOD**

23th of November 2022  
8:00 - 13:00  
Faculty of Chemistry  
Room F16

08th of December 2022  
8:00-13:00  
Faculty of Social Sciences  
Room C202



Bring along a document with your photo and PESEL number (identity card, driving licence or passport)

**A small gift for  
every donor**

More information  
on contraindications and advice



[www.wckik.pl/wp/poradnik-dawcy/](http://www.wckik.pl/wp/poradnik-dawcy/)

How do you prepare?



Come well rested, after a light fat-free meal



Drink at least 1l of fluids - preferably water



The day before don't drink alcohol