

CLASSROOM  
**GIVE BLOOD**  
FUN QUIZ



## Classroom Giveblood Fun Quiz

We suggest there are 2 ways to deliver the fun giveblood quiz:

*(It is recommended the group have already watched the accompanying film as this will help with some of the answers!)*

### **Option 1**

- Photocopy the multiple choice quiz sheet *(see the back page of this booklet for student quiz)*
- Distribute to each student, and ask them to fill in.
- Each student is to select one possible answer per question
- When they are finished, call out the correct answers using the teachers answers sheet.

- **OR** -

### **Option 2**

- Divide the classroom into 3 groups, *(call them **A,B** and **O**)*
- The teacher reads out each question with the alternative answers to the whole class
- Each team offers an answer, and the teacher reads out the correct answer after each question
- Award 1 point for each correct answer (call it a day's supply!)
- Deduct 1 point for each incorrect answer (call it a day's issue of blood to hospitals)
- Team with most blood collected at end of game, wins



## Classroom Giveblood fun quiz - Teacher answer sheet

1. *How many units of blood are needed to be collected every week? (Nearest answer wins)*

ANSWER- 3,000

2. *The 'Must use by' date for blood for use in a transfusion is?*

ANSWER - 35 days maximum

Blood for transfusion is not frozen, therefore it must be used within 35 days of being collected from a donor. Demand from hospitals is such that most blood is often used within 7 days (a carton of milk typically lasts longer!). For some patients such as very young children and babies, the blood used must be no older than 5 days after collection. Typically IBTS try to hold a 7 days supply – thus it is important the clinics across the country each week are well attended. This can be particularly challenging during holiday period and shorter working weeks such as bank holidays.

3. *Which treatments/illnesses best describe what hospitals might use blood for most, when they transfuse a patient?*

ANSWER - Cancer/Anaemia and Blood disorders.

Approx. 67% of blood transfused is used to treat patients suffering from cancer, anaemia and blood disorders. 27% is used for cardiac heart and emergency surgeries (although this can rise the weekend of bank holidays due to road crashes) thus it is vital donation clinics are well attended in the weeks around a bank holiday and IBTS arrange extra clinics to manage this. Finally, about 6% of blood transfused is used for blood loss during childbirth

4. *You must be over 18 to donate. True or False?*

ANSWER - True

5. *Do Blood donors get paid for giving blood?*

ANSWER - No

In Ireland to best ensure a safer blood supply, we do present awards for donors who reach 10, 20, 50 and even 100 donations. We also have some platelets donors who have reached over 600 platelet donations!

6. *How long must you wait after getting a tattoo before you can give blood?*

ANSWER - 4 months

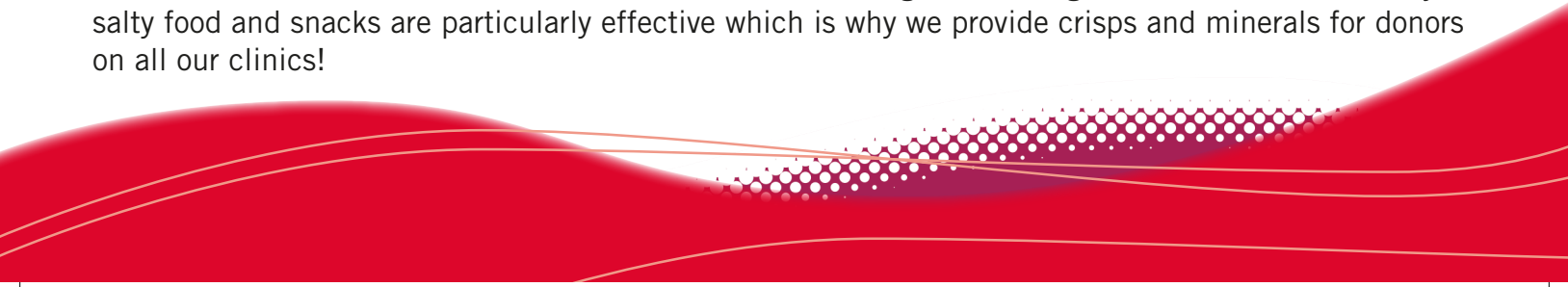
7. *How long after a cold should you have to wait before donating blood?*

ANSWER - Until fully recovered

8. *Donors must fast before giving blood. True or False?*

ANSWER - Most definitely false!

Eating a meal in the 3 hours before donating and drinking plenty of cold, non-alcoholic drinks in the 24 hours before donation will reduce the likelihood of feeling faint during or after donation. Savoury or salty food and snacks are particularly effective which is why we provide crisps and minerals for donors on all our clinics!



## Classroom Giveblood fun quiz - Teacher answer sheet

9. *How often can a person donate blood in Ireland?*

**ANSWER - Every 90 days.**

You can donate platelets every 28 days, at special clinics, as the process for platelets is different with blood returned to your body after the platelets are extracted during the donation process

10. *Blood can be broken down into how many parts?*

**ANSWER - 4 parts : Red Cells, White Cells, Platelets and Plasma**

11. *What percentage of the weight of the typical human body is made up of blood?*

**ANSWER - Approx. 7%**

12. *How many units of blood does the average human have in their body? (A unit is approx. 500ml)*

**ANSWER - Approx. 10-12 units**

13. *How much blood is taken during a blood donation?*

**ANSWER - Approx. 500mls (1 unit of blood)**

14. *How many kilometres a day does your blood travel around your body?*

**ANSWER - Estimated to be approx. 96,000 kms. That's nearly 2.5 times around the earth!**

15. *What is the most common blood group in Ireland?*

**ANSWER - O+ with 47% of the population.**

**Next is: · A+ (26%) · B+ (9%) · O- (8%) · A- (5%) · B- (2%) · AB+ (2%) · AB- (1%)**

The percentage per county can vary significantly. More people in the West of Ireland have 'O' blood group than in the East – and vice versa for 'A' blood group in the East compared to the West – blame the Vikings and Cromwell for that!

16. *What Red Cell blood group can be given to all other groups (i.e.) the Universal Donor?*

**ANSWER - O Negative (but patients with O Negative should only receive O Negative)**

17. *How many patients a year receive a Blood transfusion in the Republic of Ireland?*

**ANSWER -70,000 (Nearly 1,350 people per week)**

18. *What percentage of people will need a blood transfusion in their lifetime?*

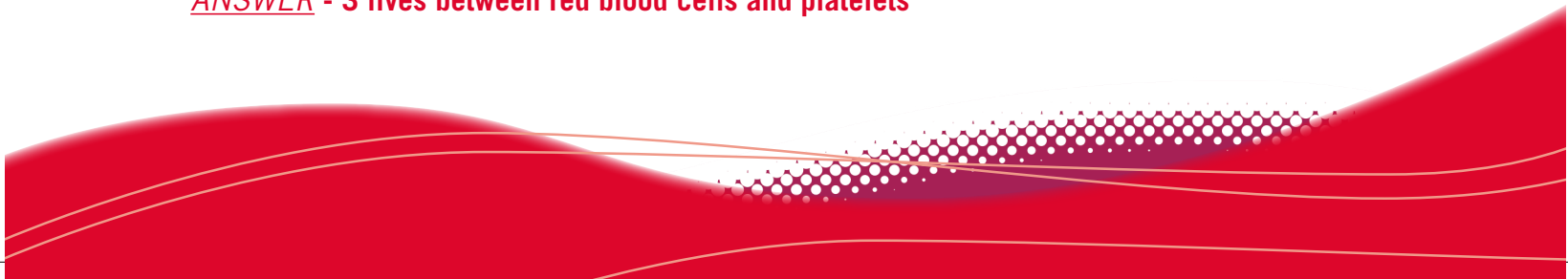
**ANSWER - 25% or 1 in 4 of us will need blood at some stage in our lives**

19. *What percentage of the eligible population are active donors?*

**ANSWER - Only 3%**

20. *On average how many lives can a single blood donation save?*

**ANSWER - 3 lives between red blood cells and platelets**



# Classroom Giveblood Fun Quiz

Multiple choice sheet - *Select one answer per question*

1. How many units of blood are needed every week? (A unit is approximately 500ml)

300 UNITS

3000 UNITS

4500 UNITS

2. What is the maximum number of days, blood can be used after its collection?

35 DAYS

18 DAYS

90 DAYS

3. Which treatments/illnesses best describe what hospitals might use blood for most, when they transfuse a patient?

Cancer, Anaemia and blood disorders

Cardiac Heart and Emergency surgery

Maternity / Childbirth treatments

4. You must be over 18 to donate. True or False?

TRUE

FALSE

5. Do Blood donors get paid for giving blood in Ireland?

YES

NO

6. How long must you wait after getting a tattoo before you can give blood?

4 MONTHS

12 MONTHS

NEVER DONATE

7. How long after a cold should you have to wait before donating blood?

2 WEEKS

4 WEEKS

UNTIL RECOVERED

8. Donors must fast before giving blood. True or False?

TRUE

FALSE

9. How often can a person donate blood in Ireland?

EVERY 35 DAYS

EVERY 90 DAYS

EVERY 180 DAYS

10. Blood can be broken down into how many component parts?

2

4

8

11. What percentage of the weight of the typical human body is made up of blood?

Approx. 70%

Approx. 7%

Approx. 0.7%

12. How many units of blood does the average human have in their body? (A unit is approx. 500ml.)

4 - 6 Units

10 - 12 Units

14 - 16 Units

# Classroom Giveblood Fun Quiz

Multiple choice sheet - *Select one answer per question*

13. How much blood is taken during a blood donation?

Approx. 100 mls

Approx. 500 mls

Approx. 1 Litre

14. How many kilometres a day does your blood travel around your body?

Approx. 9.6 kms

Approx. 9656 kms

Approx. 96,000 kms

15. What is the most common blood group in Ireland?

O POSITIVE

A POSITIVE

B POSITIVE

16. What Red Cell blood group can be given to all other groups? (I.e. The Universal Donor)

A NEGATIVE

AB NEGATIVE

O NEGATIVE

17. How many patients a year receive a Blood transfusion in the Republic of Ireland?

7,000

17,000

70,000

18. What percentage of people will need a blood transfusion in their lifetime?

5% (1 in 20 of us)

10% (1 in 10 of us)

25% (1 in 4 of us)

19. What percentage of the eligible population are active donors?

30%

13%

3%

20. On average, how many lives can a single blood donation save?

1

2

3