

# The Amazing You

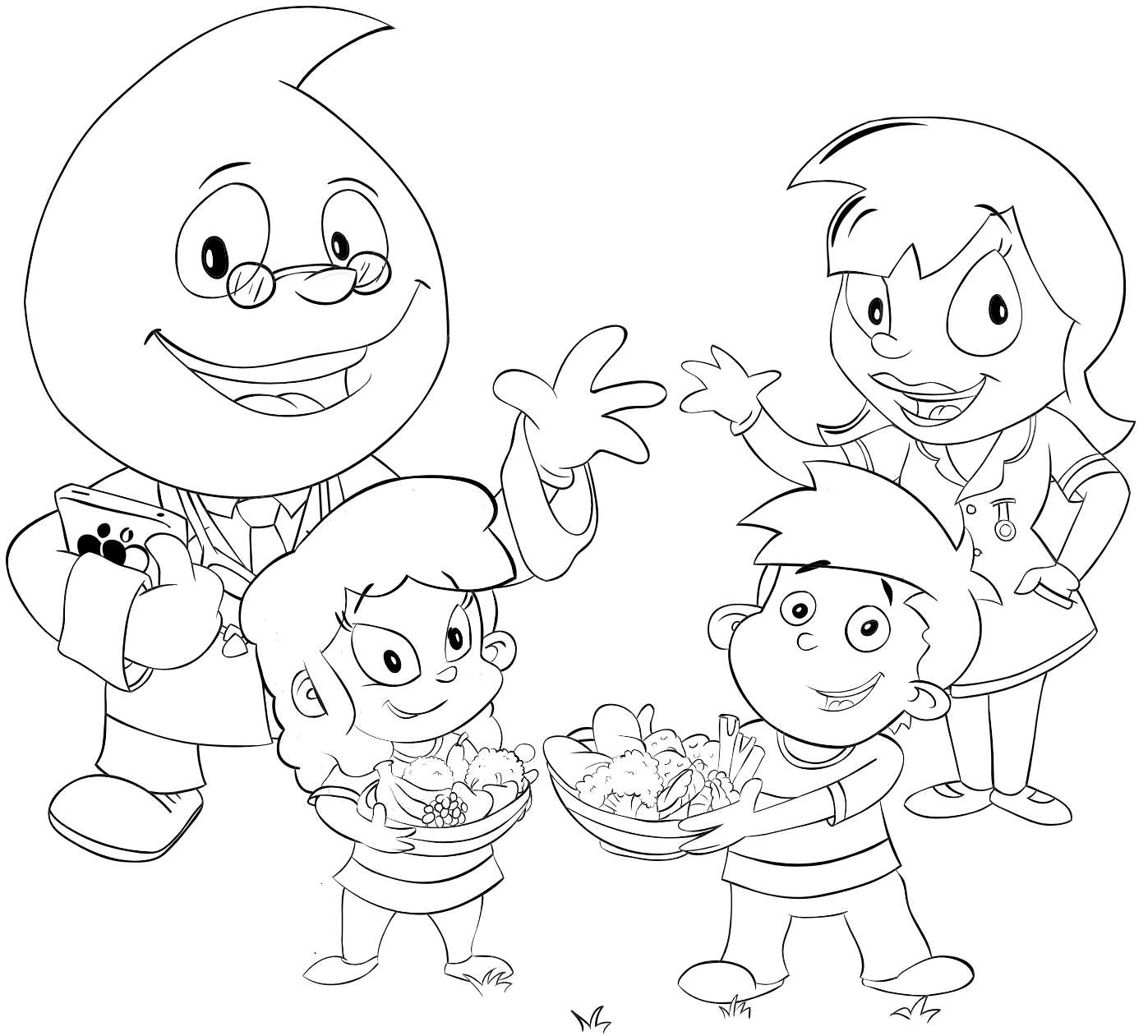


includes  
stickers

Let's learn about blood  
with Billy and Sally



Hello, we are Billy, Sally, Max, and Lizzy.  
We're here to tell you all about blood.



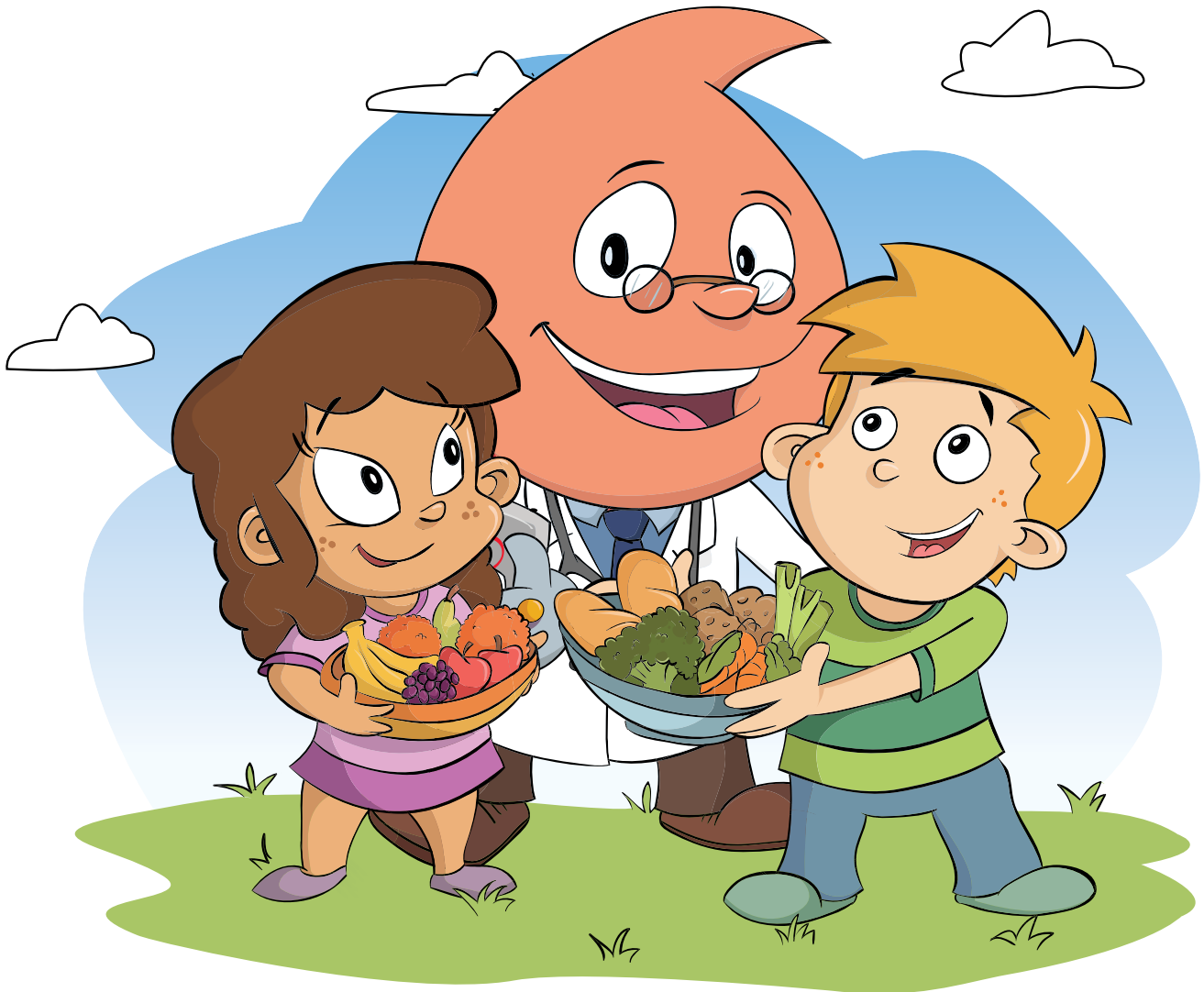
Perhaps you would like to colour us in.  
Thanks. That's better!!

Blood is really important to all of us.



It's the red sticky stuff you see if you cut or scratch yourself.

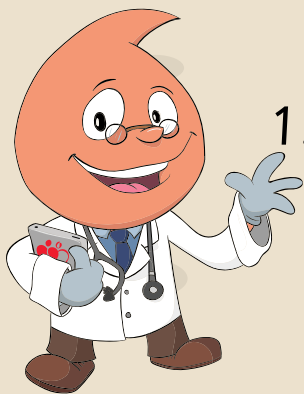
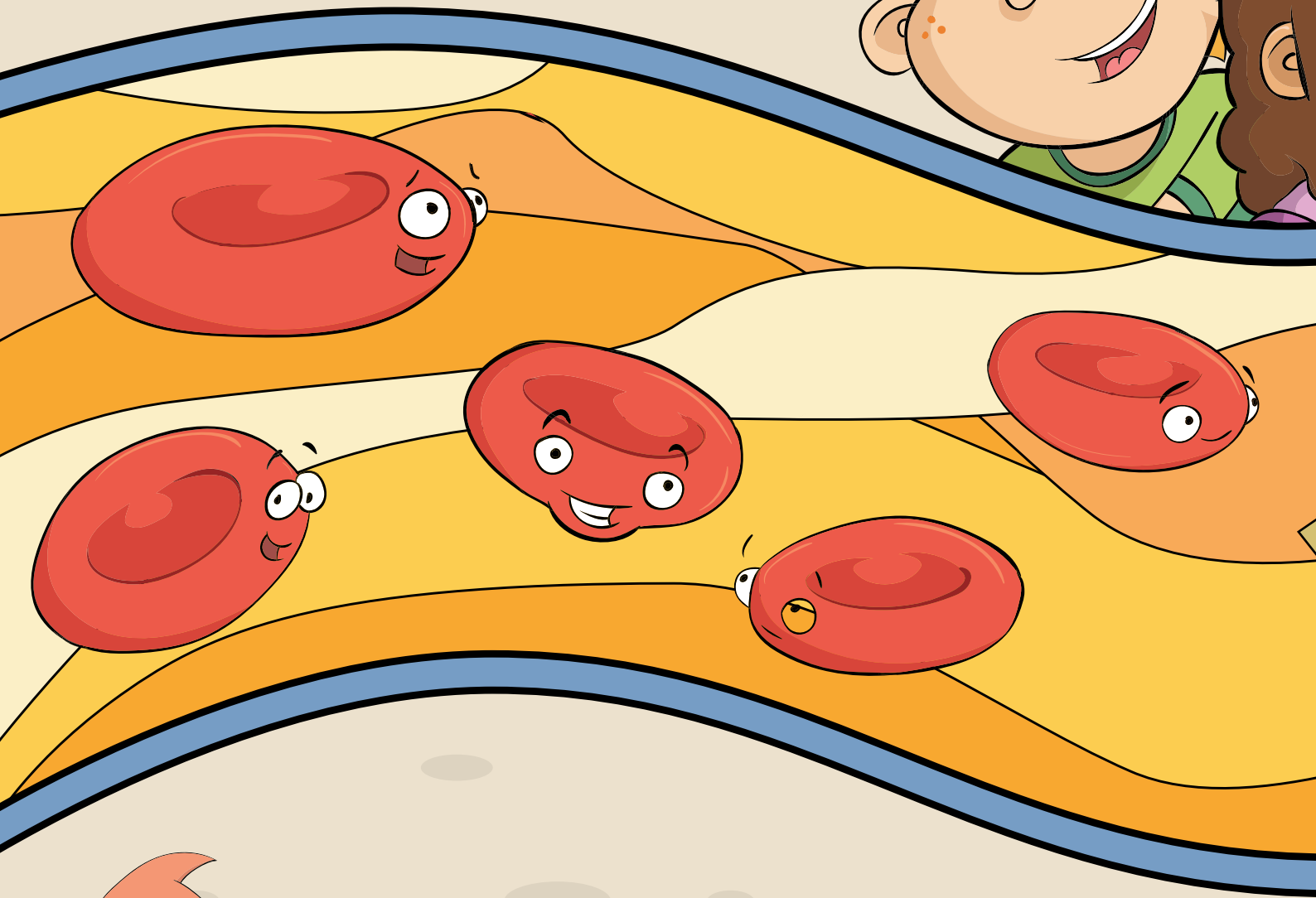
You need blood to carry the goodness, from the food you eat, water you drink, and air you breathe, all around your body.



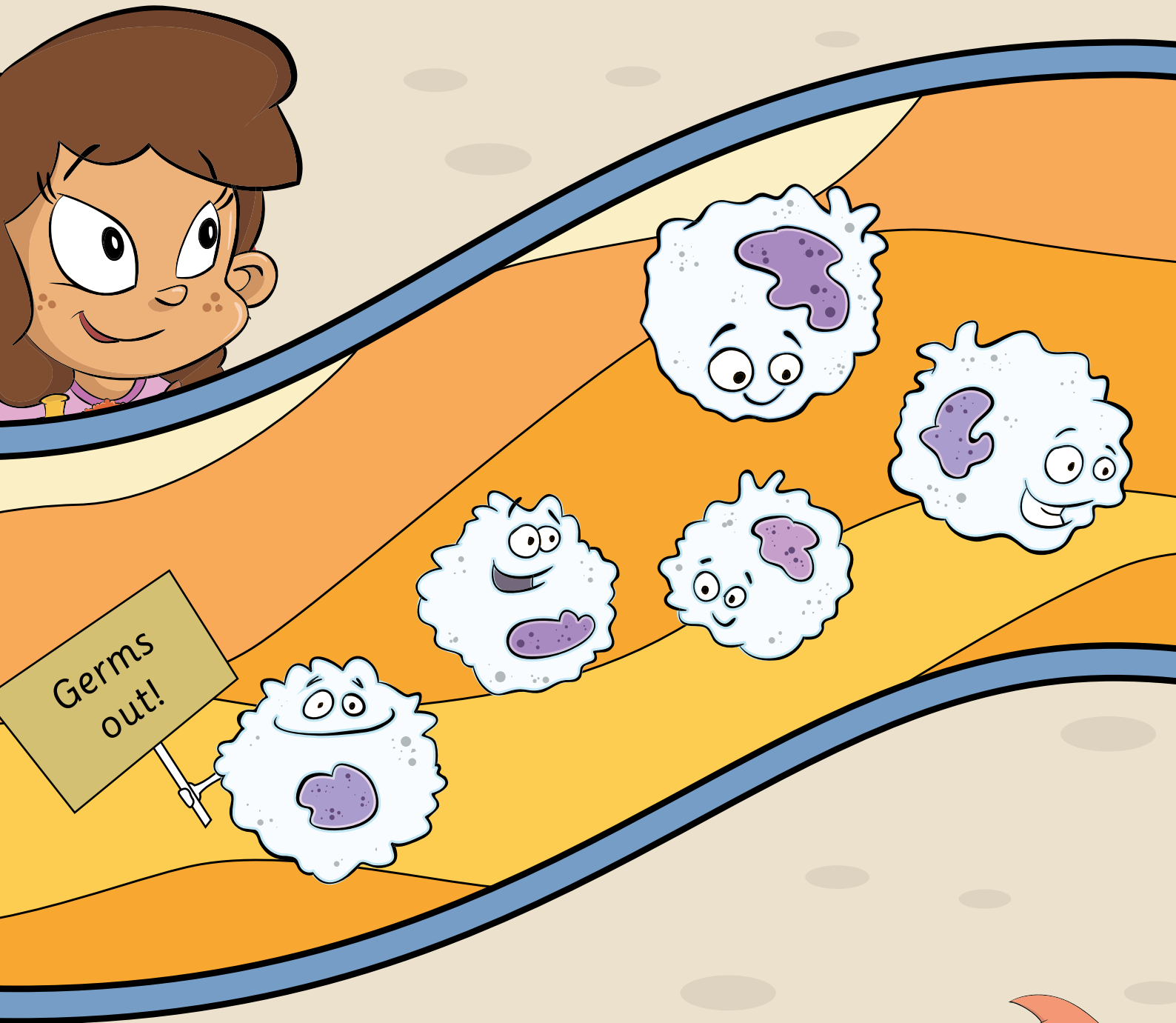
So what is in blood?

Your blood is made up of four different things ...

cool!



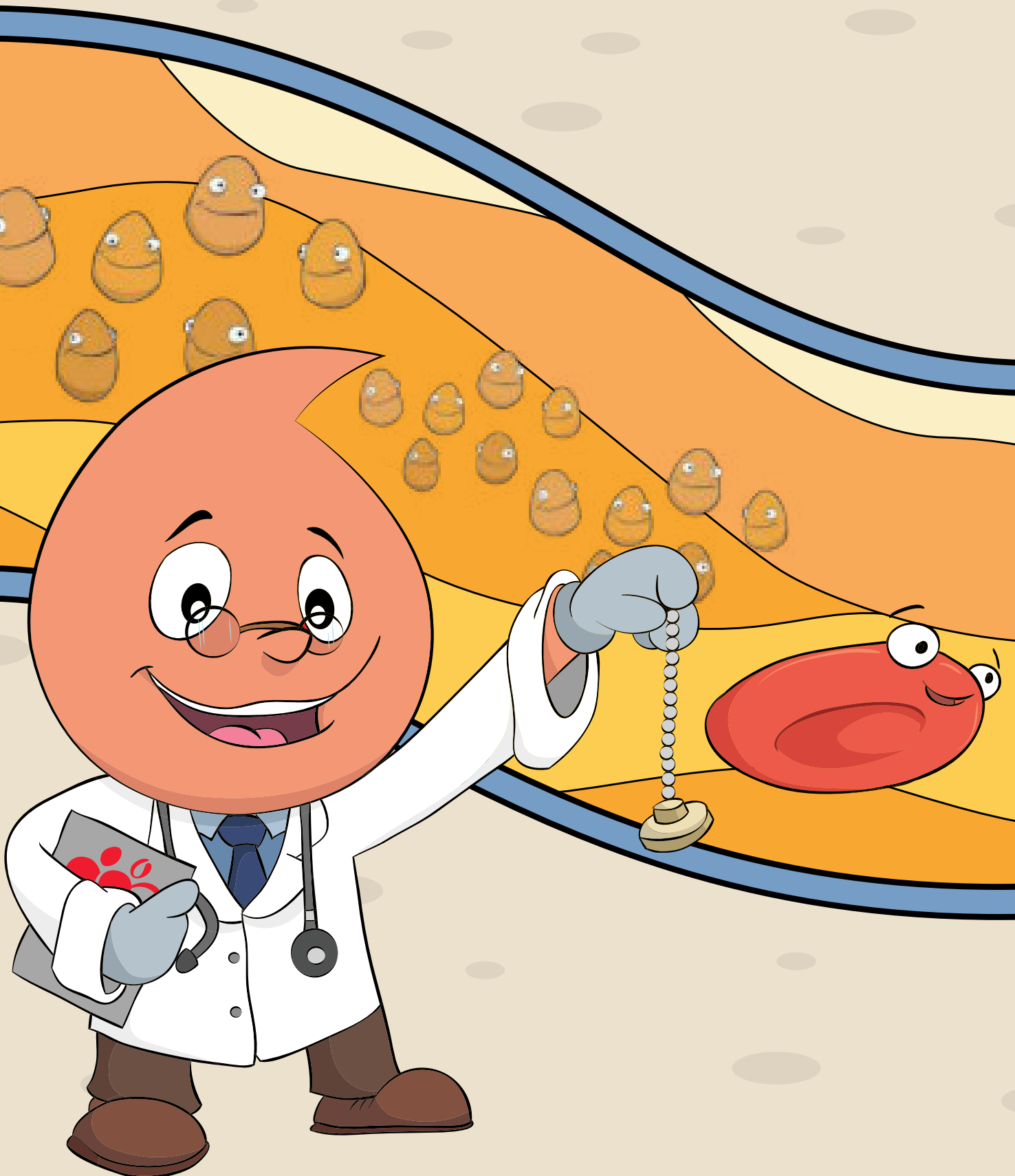
1. Saucer shaped **red blood** cells that carry something called **oxygen** around your body. Your body needs oxygen so it can make lots of energy so you can run around in the playground.



2. Wobbly, wobbly **white cells** that fight off germs that get inside your body.

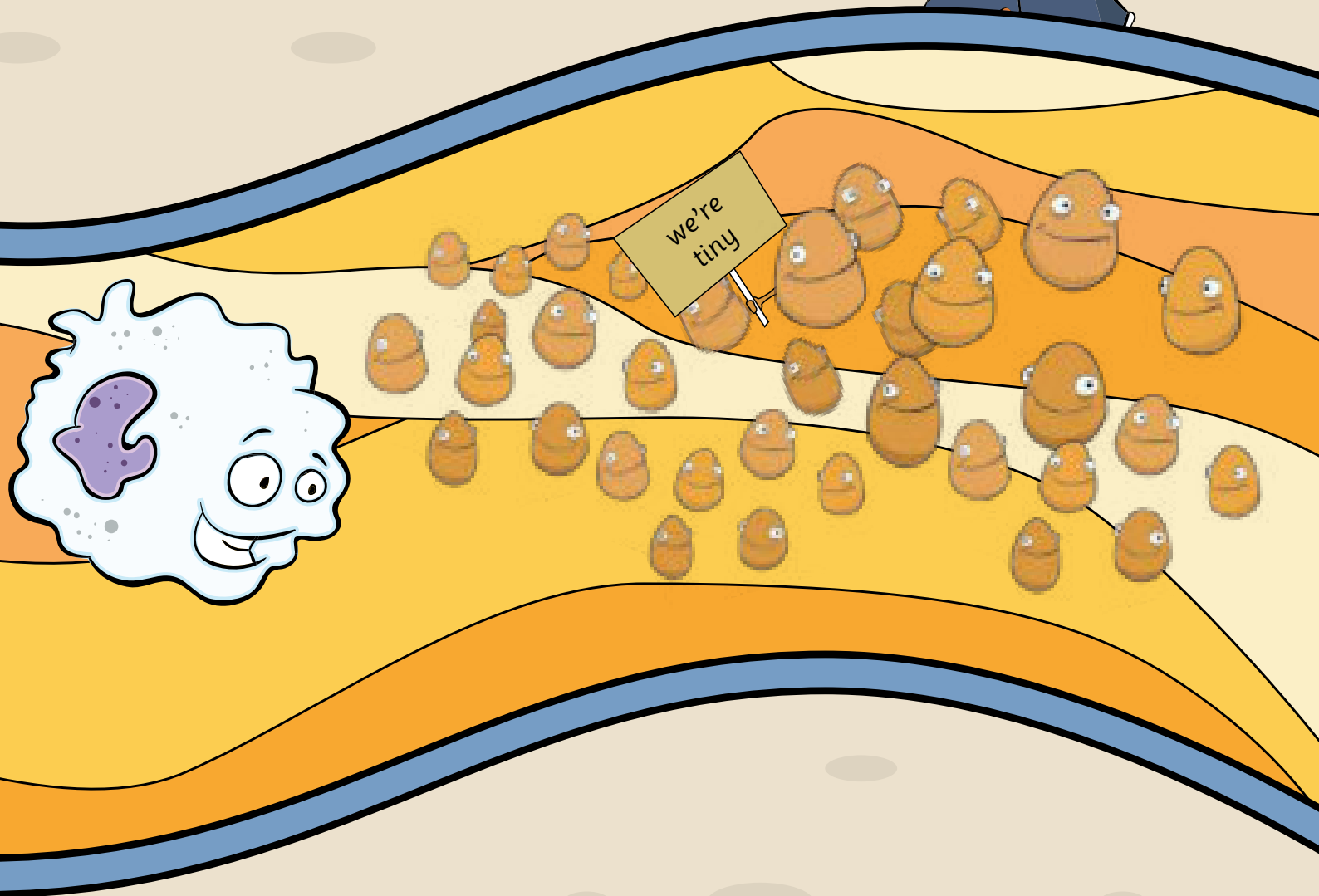
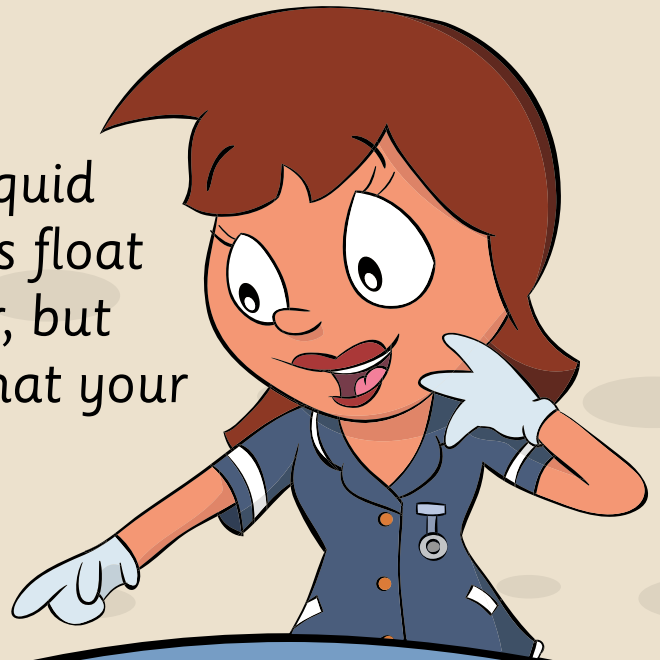


3. Tiny **platelets** act like a plug to stop you bleeding, for example, if you fall over and cut yourself.

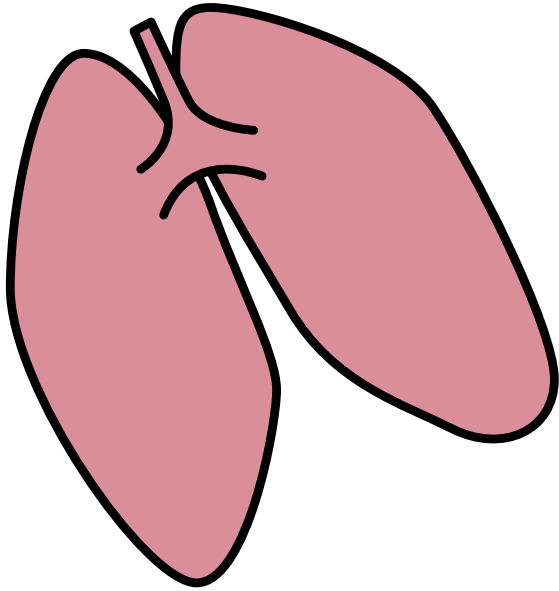




4. **Plasma.** That's the liquid that all the other bits float in. It is mainly water, but also contains food that your body needs.

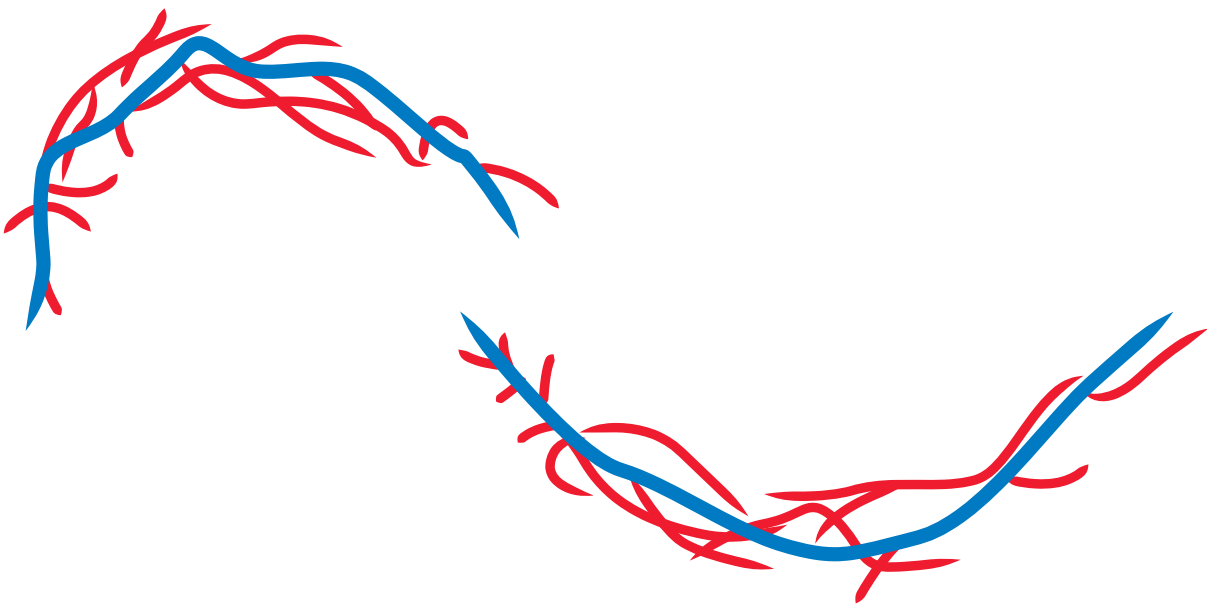
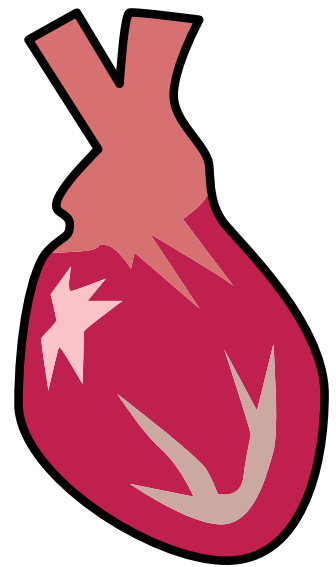


Blood would be useless without help from other parts of your body...



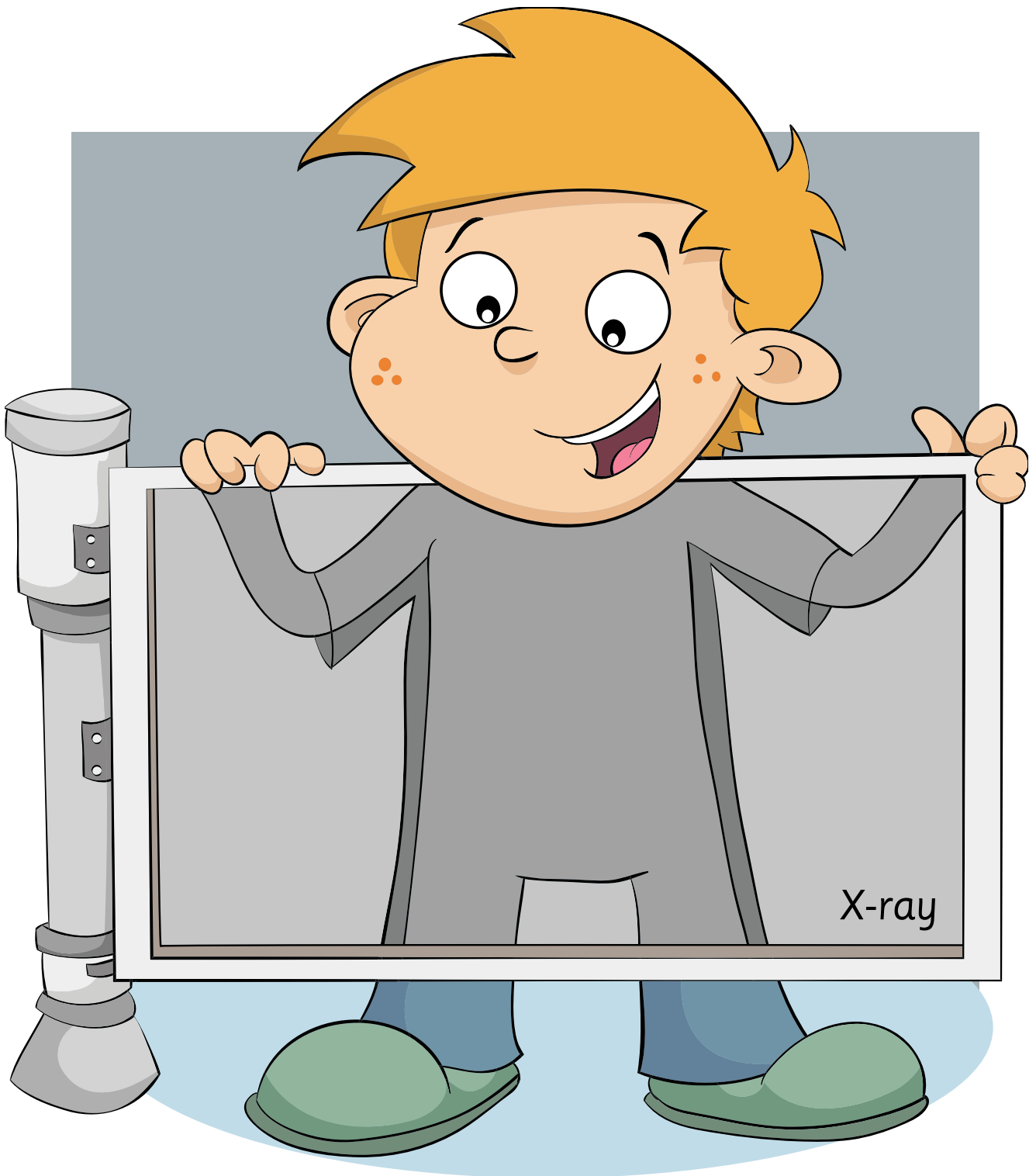
... like the **lungs**. Take a big breath in. You can feel your lungs getting BIGGER! That's when they take in oxygen from the air.

...and the **Heart**. The heart is amazing! It pumps your blood around your body all day and all night. Put your hand on your chest and feel your heart beating.



And then there are your **Veins** and **Arteries**, these are the pipes that take the blood around your body.

There are some stickers for you in this book.

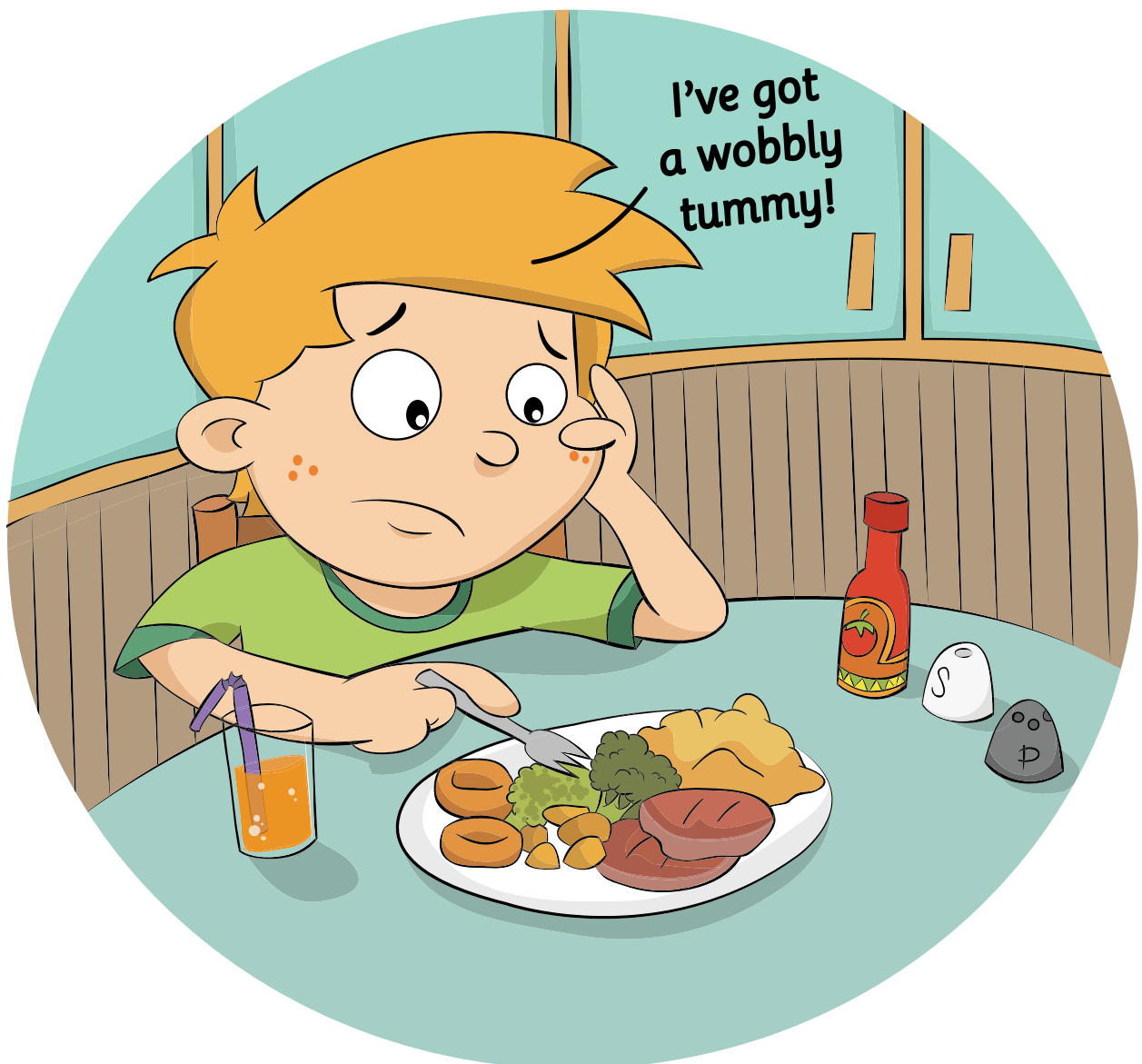


See if you can stick all Max's body parts in the right places.

Most of the time you probably feel well.  
Your body can do millions of things,  
easy peasy.

But if you feel unwell because your body  
doesn't have enough blood, you may feel tired  
and not want to play with your friends as much.

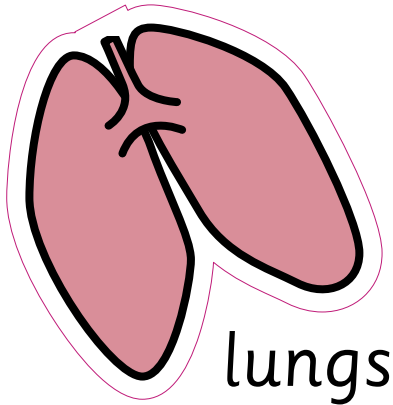
Your tummy may feel a bit wobbly and you  
may not want to eat much.



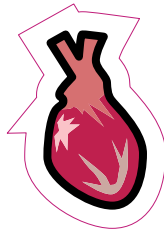
That's where blood can help. When you have  
the right amount of blood in your body you'll  
start to feel better!



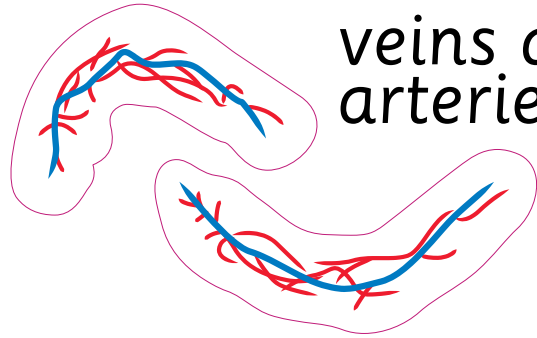
Look at the picture on page 11 and see if you can put these very special body parts in the right places.



lungs



heart



veins and arteries

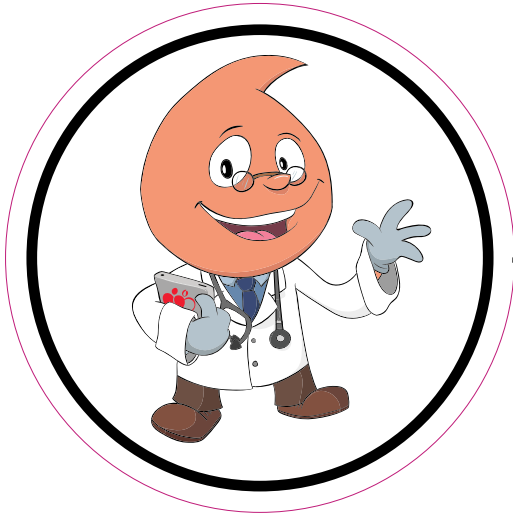
Well done!

Now treat yourself to one of these stickers.

You'll find more stickers on the next page.

You can have these when you've finished your blood transfusion.





Now you've had your blood transfusion, show people how brave you've been by wearing one of these cool stickers.







It's a bit like this car. When it's low on fuel, it can't get going and it feels tired and grumpy.



But when it's given more fuel...

...it can drive a long way.



Having your body topped up with more blood is called having a **TRANSFUSION**.

What happens when you need a **TRANSFUSION**?



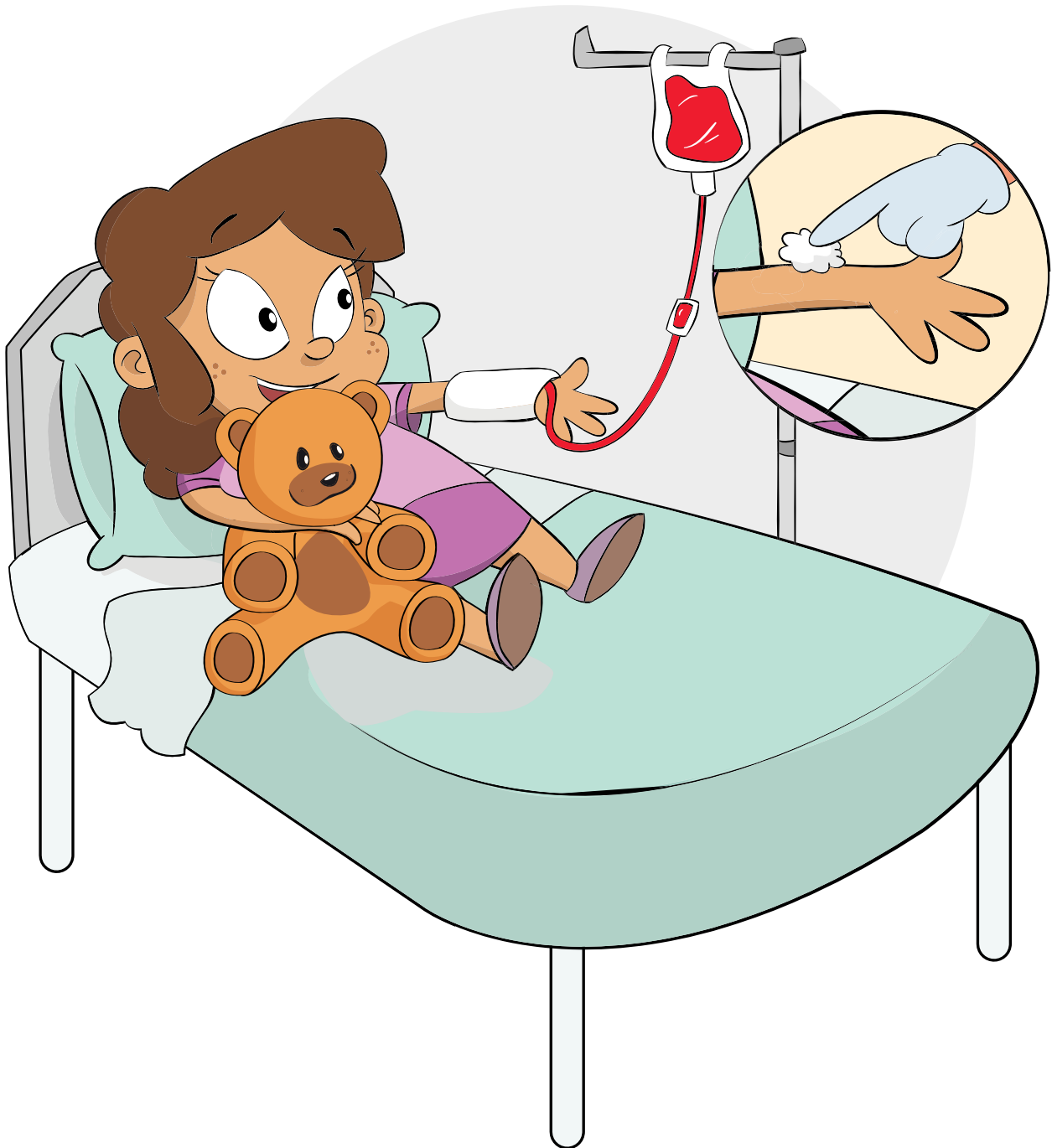
Your doctor or nurse will take a small sample of your blood for special tests.

Before they do that they will ask you your name and check your name band. I know that sounds silly because they may already know you, but it's a little bit like your teacher, at school, checking the register.



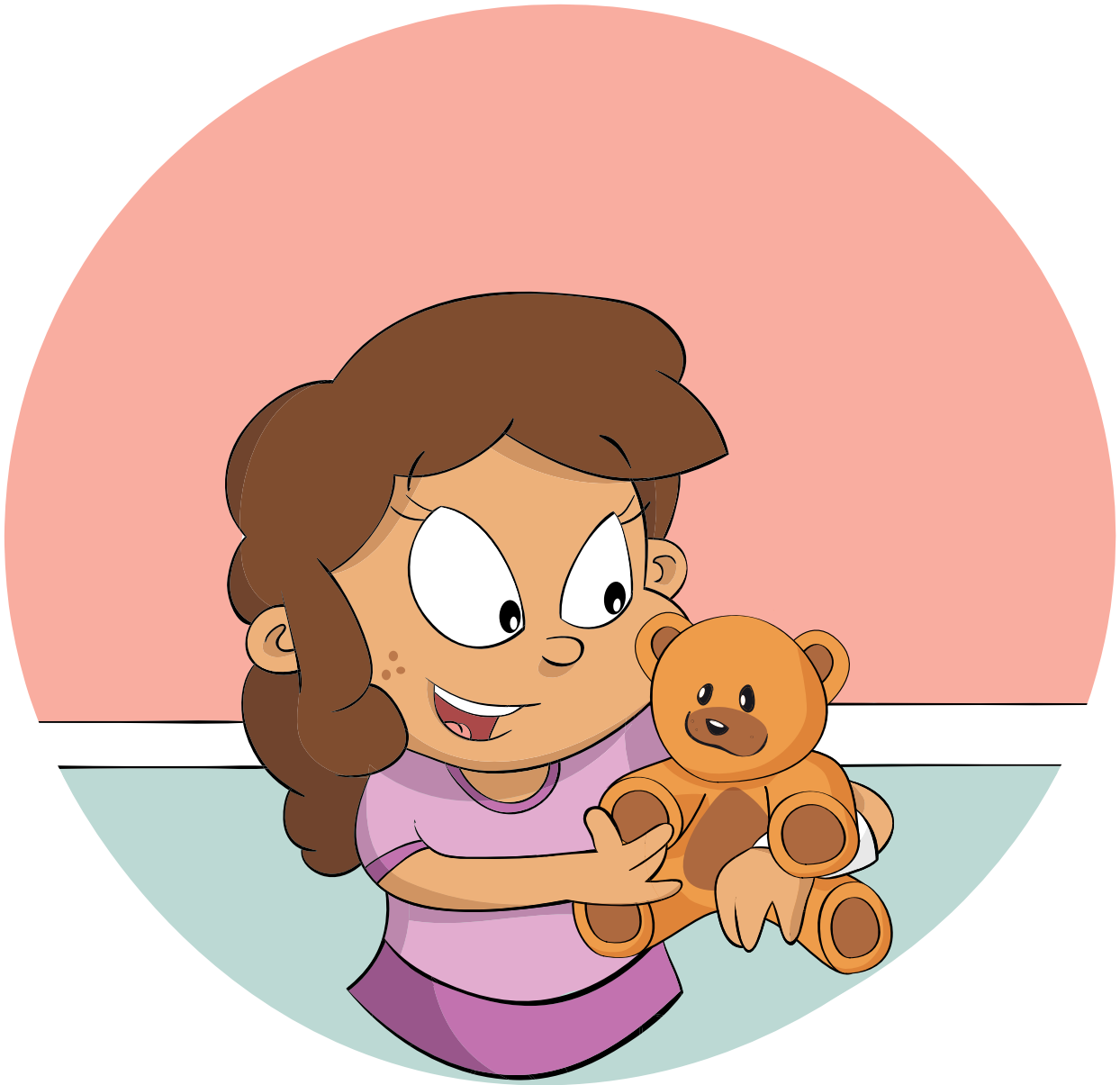
You can help by reminding them to ask you your name if they forget.

The nurse will then put a special cream on your skin, so that when she puts a small tube in your arm it won't hurt too much.



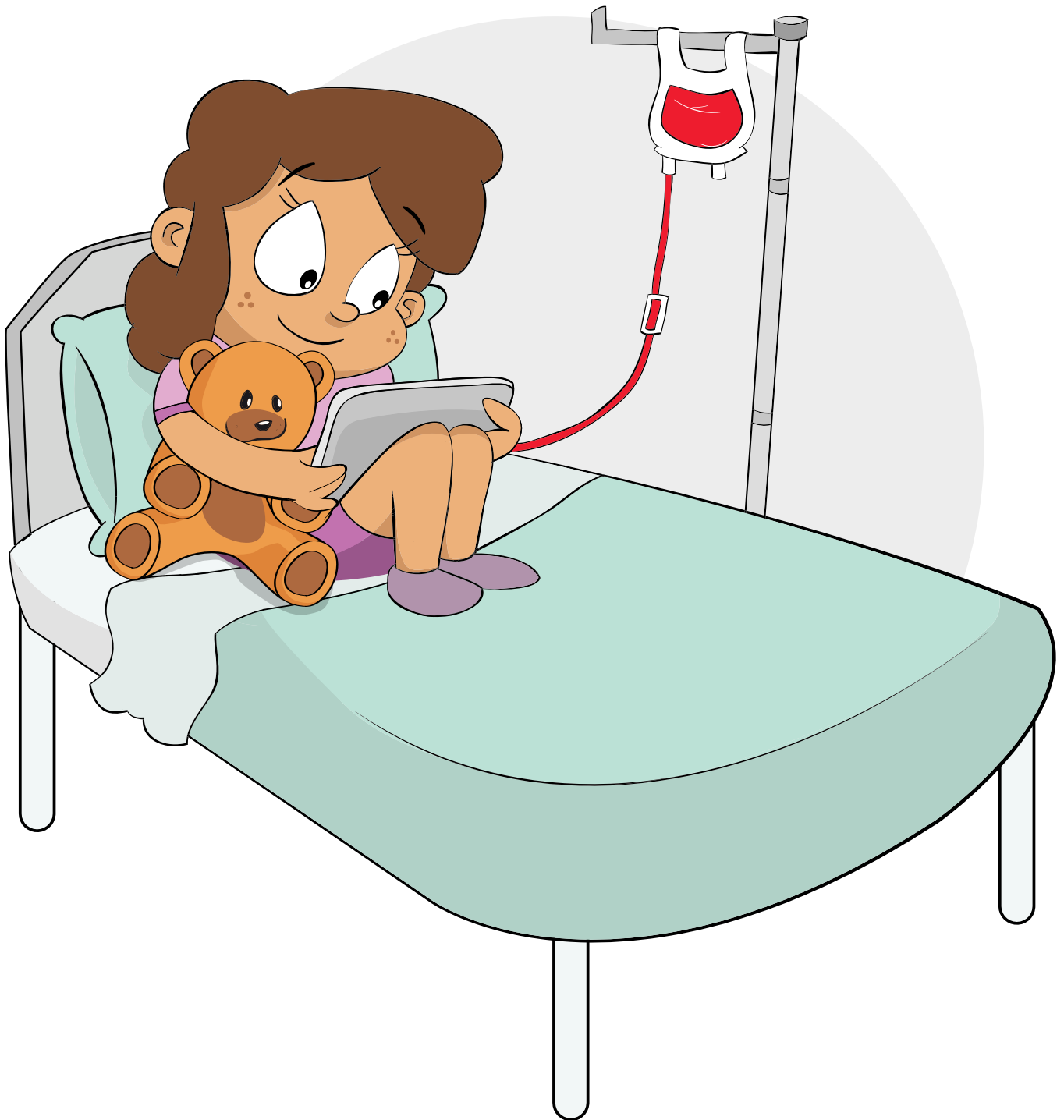
It may seem silly, but the nurse will ask you your name again! They will also check your name band and make sure it is your name on the bag of blood. The new blood will then flow from the bag, through the tube into your arm. Your arm may feel a bit cold, but it only lasts a few minutes.

The tube will be in your arm for some time, but your favourite teddy, doll, or toy can be with you all the time.



And of course, there will also be someone close by to make sure everything is okay.

If you feel a bit funny when the blood goes through, just tell the nurse who will make you feel better.



The best news is, you can play games and watch TV while you have the transfusion!

And when it's all finished, find the stickers that say...



But how does blood, that is needed to help people, get to the hospital to start with?



Lots of people do something very special.  
They give some of their blood which helps  
people like you.



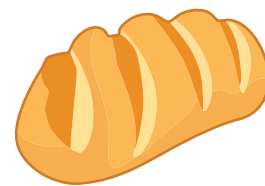
They are called blood donors.

# Billy and Sally's golden rules for getting better.

1. You can help your body get better by getting plenty of rest.



2. Try to eat as much of the right food as possible to give you energy.



3. Lots of love, cuddles, chats, giggles, and visits from your friends and family can also make you feel better.





We would welcome your feedback and comments on this leaflet.  
You can contact us in the following ways:

By post to:

Customer Services  
NHS Blood and Transplant (NHSBT)  
Part Academic Block – Level 2  
John Radcliffe Hospital  
Headley Way  
Headington  
Oxford OX3 9BQ

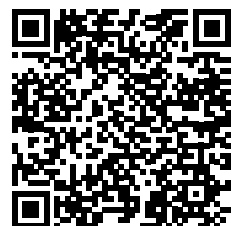
By email to: [nhsbt.customerservice@nhsbt.nhs.uk](mailto:nhsbt.customerservice@nhsbt.nhs.uk) or

By phone: 01865 381010

This leaflet was prepared by NHS Blood and Transplant in collaboration with the National Blood Transfusion Committee. Further supplies can be obtained by accessing <https://hospital.nhsbtleaflets.co.uk>

Individual copies of this leaflet can be obtained by calling 01865 381010.

Scan to access our  
leaflets online



---

### NHS Blood and Transplant

NHS Blood and Transplant (NHSBT) saves and improves lives by providing a safe and reliable supply of blood components, organs, stem cells, tissues, and related services to the NHS and other UK health services.

We manage the UK-wide voluntary donation system for blood, tissues, organs, and stem cells and turn these donations into products that can be used safely to save lives or radically improve the quality of people's lives.

We rely on thousands of members of the public who voluntarily donate their blood, organs, tissues, and stem cells. Their generosity means each year we're able to supply around 2 million units of blood to hospitals in England and 7,500 organ and tissue donations within the UK, which save or improve thousands more people's lives.

### For more information

Visit [nhsbt.nhs.uk](https://nhsbt.nhs.uk)

Email [enquiries@nhsbt.nhs.uk](mailto:enquiries@nhsbt.nhs.uk)

Call **0300 123 23 23**