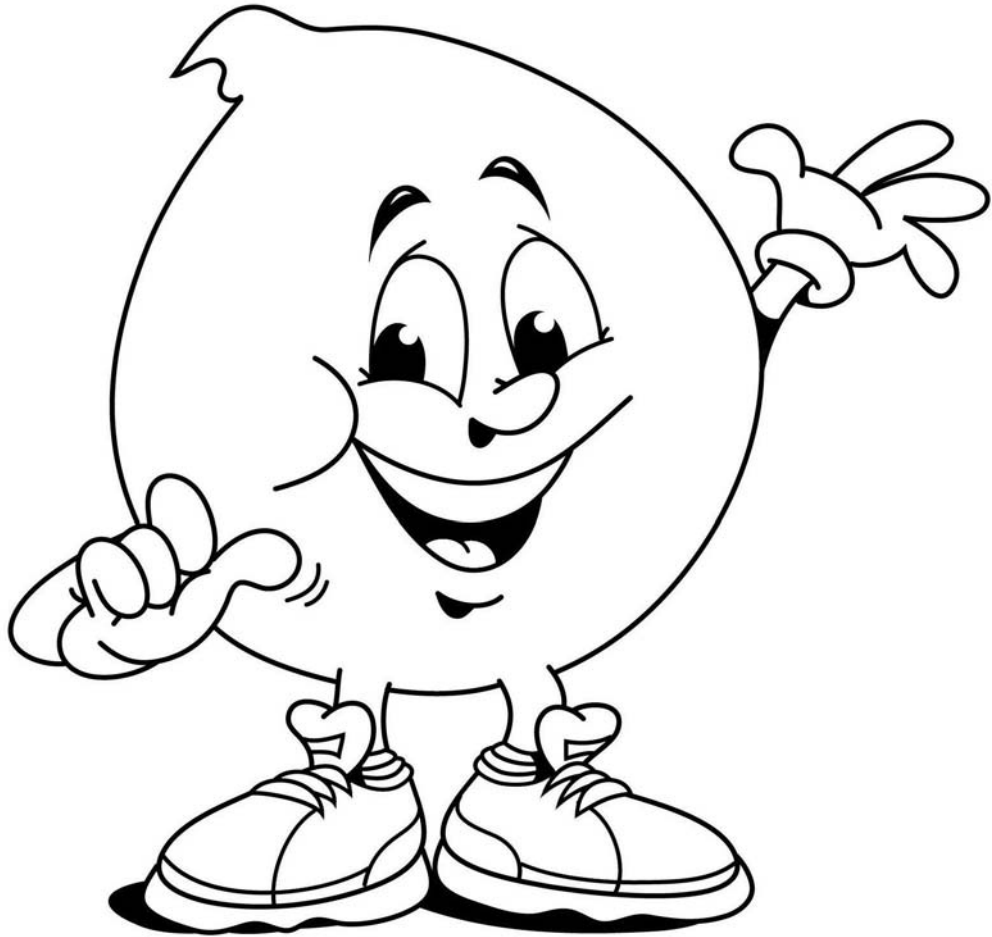


Hi, I'm Billy Blood Drop
but you can call me Billy. My job is to tell you
all about blood. But I need your help first...



Colour me in my favourite colour.
That's RED of course!
Thanks. That's better!!

Blood is really, really important!



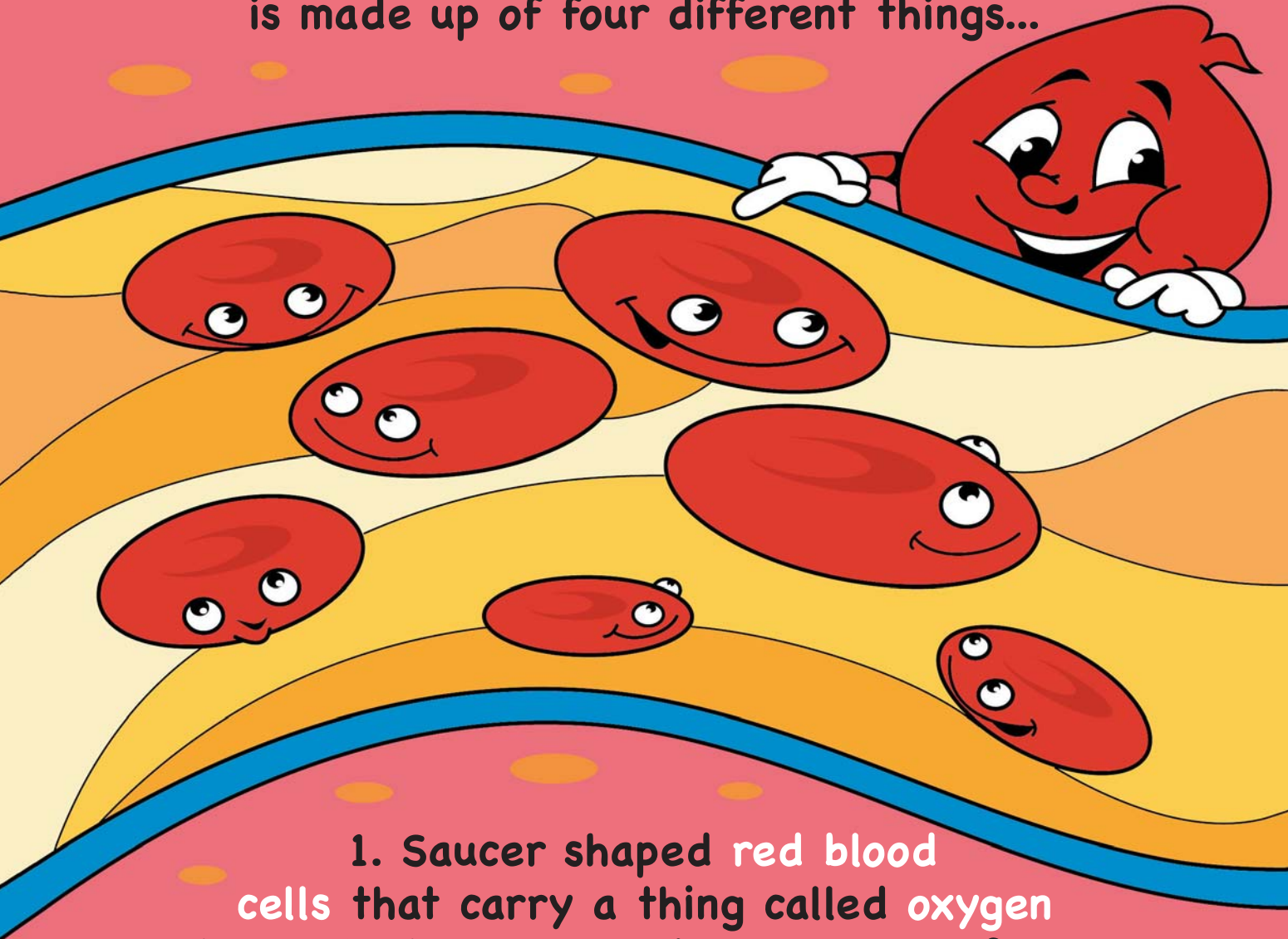
**It's the red sticky stuff that you see
when you fall over and cut yourself.**

Blood takes all the goodness from the yummy things you eat and the air that you breathe and carries it around your body.



So what is in blood?

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



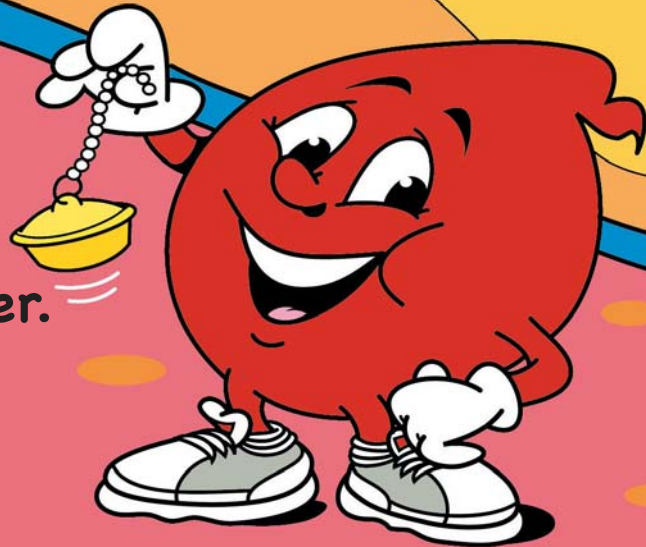
1. Saucer shaped red blood cells that carry a thing called oxygen around your body. Oxygen gives you lots of energy so you can run around in the playground.



Germs
out!

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

3. Tiny egg-shaped platelets. They are needed when you fall over. They act like a plug to stop you bleeding if you cut yourself.



4. Plasma. That's the liquid that all other bits float in. It is mainly water but also contains food for your body to live off.



**Blood
would be useless
without help from other
bits 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.



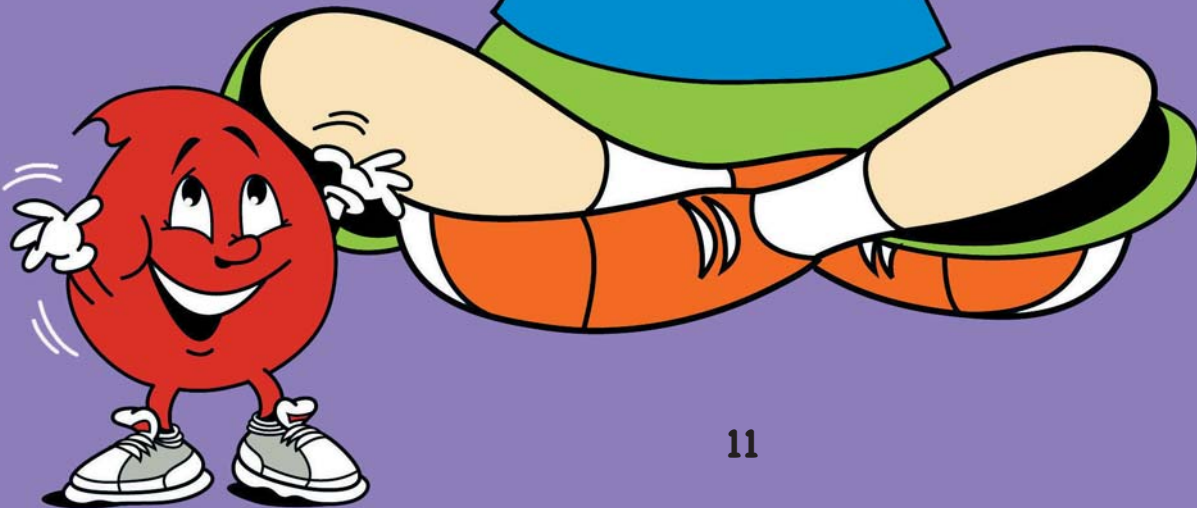
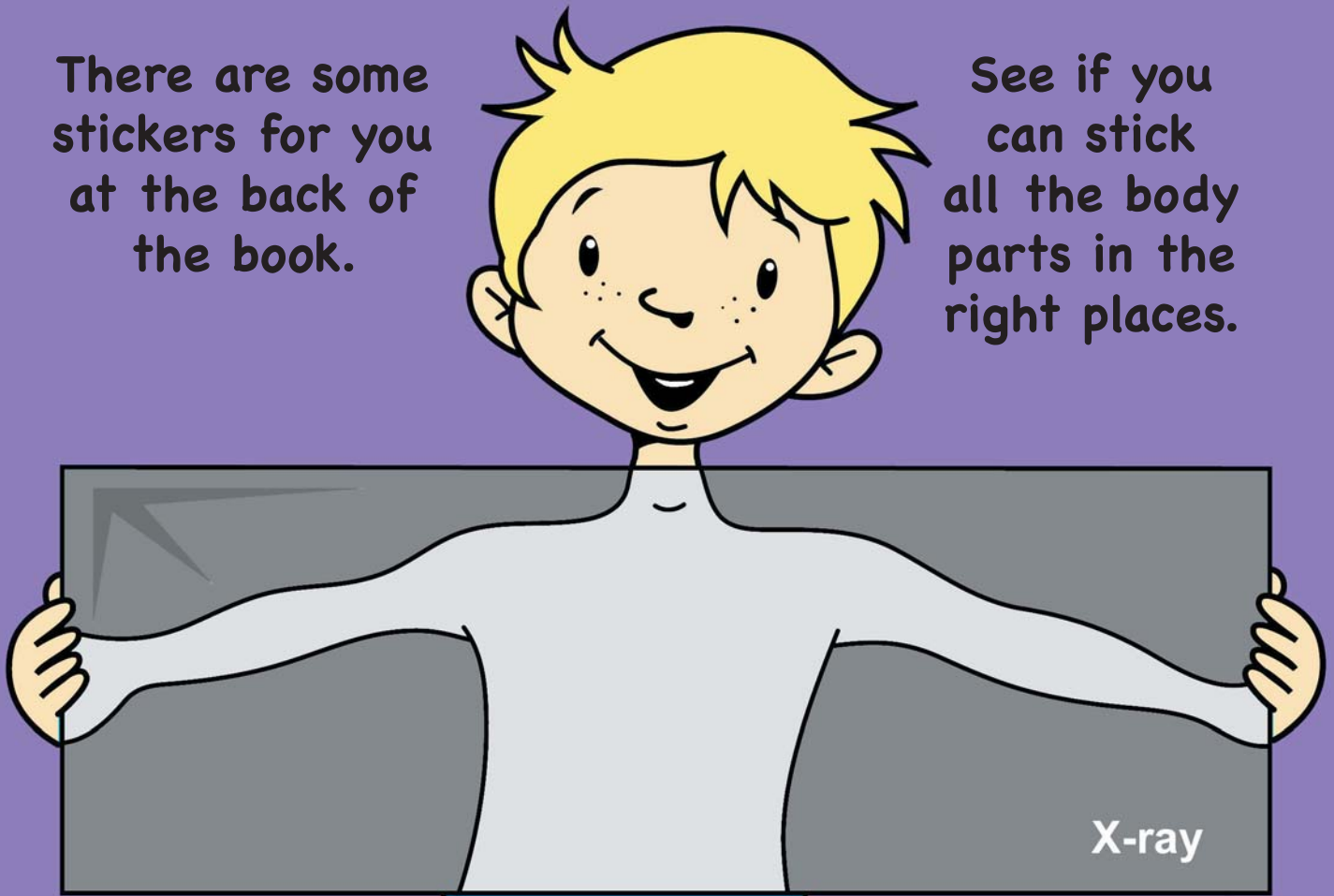
and the **Heart...**
The heart is amazing! It pumps your
blood around your body
all day and all night. Put your
hand on your chest and feel
your heart beating.

And then there are **Veins** and **Arteries**.
These are the pipes that
your blood uses to travel
around your body.



There are some stickers for you at the back of the book.

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

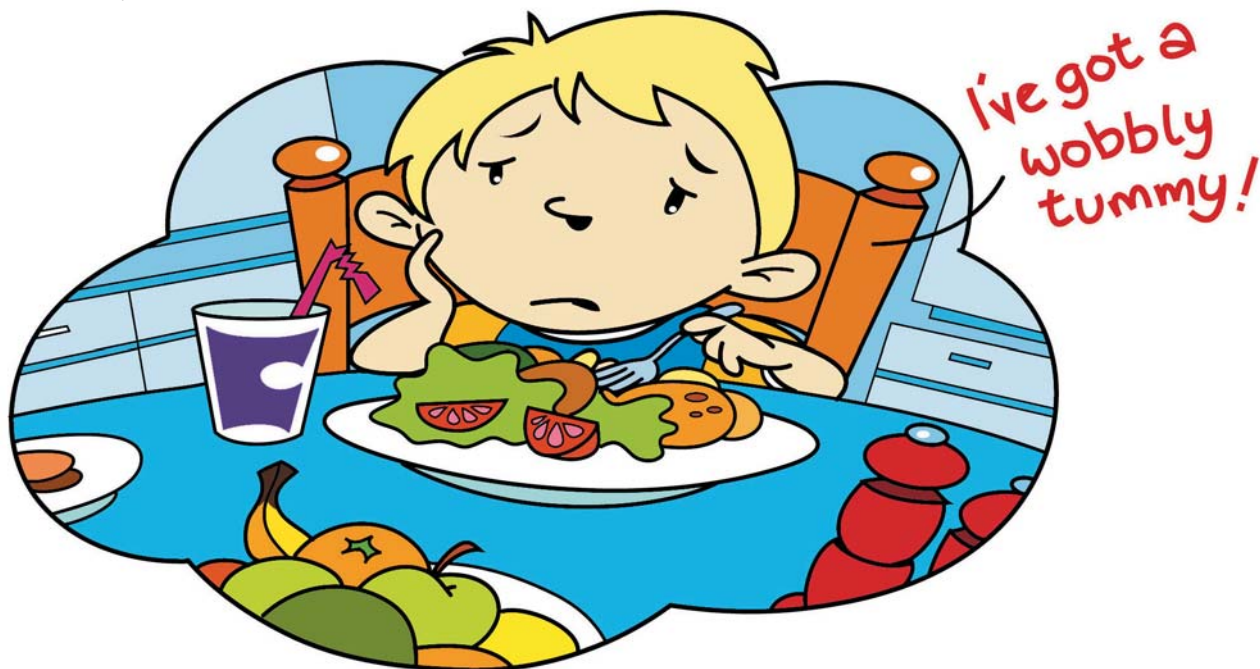


Most of the time you probably feel well. Your body can do millions of things, easy peasy, lemon squeezy!

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

Your tummy may feel a bit wobbly.

You may feel tired and 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!

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



But when it's given more petrol...

...it can whizz off at 60 kilometres an hour!!



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

What happens when you have a
TRANSFUSION?



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

They will also ask you your name.
I know that sounds silly because they
may already know you, but they are trained
to do it that way.



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

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



The blood will then flow through the tube attached to the bag of blood 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 to make sure everything is okay.

If you feel a bit funny while 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 get to the hospital to start with?

Lots of people do something very special.
They give their blood to people like you.



They are called blood donors.

Billy Blood Drop's

golden rules for getting better.



1.

ZZZZZZZ!!

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 energy.



3.



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

