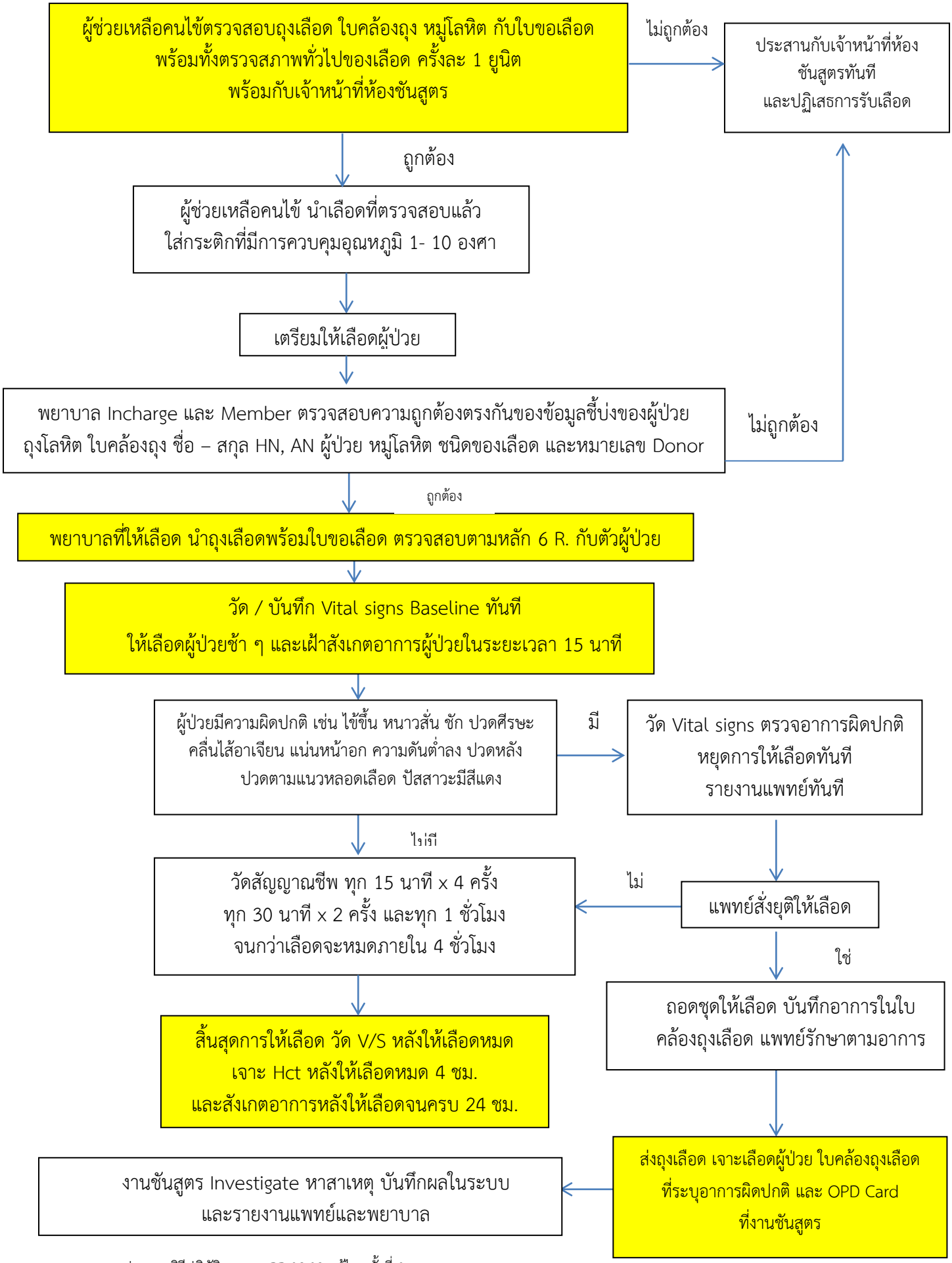แนวทางปฏิบัติขณะให้เลือด