

## Why Should You Donate Blood?

**You don't need a special reason to give blood. You just need your own reason.**

Some of us give blood because we were asked by a friend. Some of us give blood because we know a family member or a friend might need blood someday. Some of us give blood because we believe it is the right thing to do.

The need for blood is constant. Your contribution is very important to maintain a healthy and plentiful blood supply. When you donate through the Red Cross, you help save lives by giving of yourself in just about an hour. You may never meet the person who receives your blood, but you'll feel good knowing you helped change a life.

Make an appointment today.

**redcrossblood.org**  
**1-800-RED CROSS**

If you have specific questions about your eligibility, please call our Donor and Client Support Center at 1-866-236-3276.



## Become A Blood Donor



**American Red Cross**

The need is constant.  
The gratification is instant.  
Give blood."

### We are the American Red Cross.

Governed by volunteers and supported by giving individuals and communities, the American Red Cross is the single largest supplier of blood products to hospitals throughout the United States. While local hospital needs are always met first, the Red Cross also helps ensure no patient goes without blood no matter where or when they need it.

In addition to providing more than 40 percent of the nation's blood supply, the Red Cross provides relief to victims of disaster, trains millions in lifesaving skills, serves as a communication link between U.S. military members and their families, and assists victims of international disasters or conflicts.



Joe and Rosey  
Proud American Red Cross Donors since 2003

## What Are The Basic Eligibility Requirements?

Individuals who are 17 years of age (16 with parental permission in some states), meet height and weight requirements (at least 110 pounds based on height) and are in generally good health may be eligible to donate blood. Please bring your Red Cross blood donor card or other form of positive identification.

### Alex

Proud American Red Cross  
Blood Donor since 2003



## What Can You Expect?

**Come Prepared.** Make sure you've had a light meal and plenty to drink. Bring your photo ID and the names of medications you are taking.

**Registration.** Our staff and volunteers will sign you in and go over basic eligibility and donation information.

**Brief Health History.** You will be asked to fill out a brief health history questionnaire so that we can better determine your eligibility to give on the day you come to donate. This process is private and confidential. We will check your temperature, pulse, blood pressure and measure the number of red blood cells present in a sample of blood.

**Donation.** The actual donation takes about 6-8 minutes, during which you will be seated comfortably. The process is safe and sterile. Red Cross staff and volunteers will be available if you have any questions or concerns.

**Refreshments.** After donating, we will provide you with free snacks and refreshments and a place to rest and relax for about 15 minutes.

### Carolyn

Proud American Red Cross  
Blood Donor since 2006

At some point in our lives, many of us will know someone who needs a blood transfusion. A continuous supply of blood is needed for the sick and injured including accident and trauma victims, cancer and transplant patients and people with blood disorders. There is no synthetic substitute for human blood that can be transfused to patients. There is still only one source, generous volunteer blood donors.

### How is blood used?

Blood that is generously donated goes through many steps to ensure that it is as safe as possible and is then given to patients in need. There are different components of blood that each serve a distinct purpose.

### Red Blood Cells

Red blood cells carry the body's oxygen supply and are needed for patients such as accident victims, those undergoing surgery, or people with conditions such as anemia or kidney disease.

### Platelets

Platelets are vital to life, because they help prevent massive blood loss resulting from trauma, as well as blood vessel leakage that would otherwise occur in the course of normal, day-to-day activity.

### Plasma

Plasma serves a variety of functions, from maintaining a satisfactory blood pressure and volume to supplying critical proteins for blood clotting and immunity.