

DONATE BLOOD

Every two seconds someone in the United States needs blood, but only five percent of those eligible donate each year.

"Eventually we will all need blood for some reason."



Why Donate?

Eventually we will all need blood for some reason. Blood is needed for emergencies, for people with cancer, blood disorders, sickle cell anemia, and other illnesses. Nearly 5 million people need blood transfusions each year, so your donation could make the difference between life and death.

Who Can Donate?

In general, to donate blood you must be healthy, at least 17 years old, weigh at least 110 pounds, and not have donated blood in the past 56 days. In addition, other aspects of the potential donor's health history are discussed before blood is collected, including a brief exam during which temperature, pulse, blood pressure, and blood count are measured.

"Call now! Eligible donors are encouraged to donate as often as possible."



Frequently Asked Questions About Donating

Is donating blood safe?

Absolutely! The needles and bags used to collect the blood are only used once and are then discarded. So, you have no chance of infection.

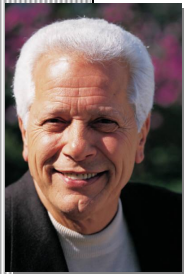
Can I donate if I've been turned down before?

Yes, you should certainly try to donate again! Most reasons for donors being turned down are only temporary.

Should I give blood now or wait until I am called?

Call now! Eligible donors are encouraged to donate as often as possible. To schedule an appointment call 1-800-GIVE-LIFE.

"It only takes about an hour."



How long does it take to donate?

It only takes about an hour! It starts with registration, a health history, and a physical. Then, if eligible, you move on to the actual donation, which usually takes about 10 – 12 minutes. The final step is a few minutes in the "canteen," where you enjoy light refreshments.

How much blood is taken — will it make me weak?

You will only lose approximately one pint of blood! The vast majority of donors DO NOT feel any different after their donation. Your body will replace the lost fluid within 24 hours.

Can I direct my blood donation to the military?

Yes you can! The American Red Cross has created a network that will help direct your blood donation to the areas of the country — or world — where it is needed the most.

How can I ensure a pleasant donation experience?

The night before

Try to get a good night's sleep and eat a good breakfast or lunch before you go. Make sure you have adequate iron levels by eating iron-rich foods such as meat, poultry, fish, green leafy vegetables, iron-fortified cereals, nuts, raisins, and prunes. Avoid fatty foods such as hamburgers, fries, or ice cream. Also, plan to wear clothes with sleeves that can be pushed up above the elbow.

Before you go

Drink a lot of fluids like juice, milk, and water. Avoid drinks with caffeine like coffee and tea.

Afterwards

Eat and drink something at the canteen and continue drinking fluids over the next 24 – 48 hours to rehydrate your body. You'll also want to avoid heavy lifting or strenuous exercise for the remainder of the day.

For more information about blood donating, please contact:

American Red Cross
www.redcross.org
www.givelife.org
1-800-GIVE-LIFE

This brochure is for informational purposes only, and is not intended as medical advice. For further information, please consult a medical professional. Live Well, Work Well is written and produced for Jerry Gregory & Associates . © Zywave, Inc. 2003.

Prepared especially for

by
Jerry Gregory & Associates

