



Quick Facts

General Blood Facts

- 1) One donation can help save up to three lives.
- 2) Each blood donation is broken down into 3 components: red blood cells, platelets and plasma.
- 3) Someone needs blood every two seconds.
- 4) There is no substitute for human blood.
- 5) Red blood cells can be stored for forty-two days.

Eligibility

- 1) You must be at least 17 years old (16 years old with parental consent)
- 2) You must weigh at least 110 pounds (115 pounds if 16 years old)
- 3) You may donate one unit of blood every 56 days.

Blood Supply

- 1) More than 4.5 million transfusions are needed each year in the U.S. and Canada.
- 2) A patient may not be able to undergo a lifesaving organ transplant if compatible blood is not available.
- 3) Blood centers need all blood types, but types O and B red blood cells are in particularly high demand.
- 4) A typical auto accident requires 50 units of blood.
- 5) A typical heart surgery requires 60 units of red blood cells and 2 units of platelets.

Donating Facts

- 1) The actual blood donation usually takes about 10 minutes. The entire process – from the time you sign in, to the time you leave – takes about an hour.
- 2) If all blood donors gave three times a year, blood shortages would be a rare event. The current average of donations is approximately two per year.
- 3) After donating blood, you replace the lost fluid within hours, but it takes eight weeks to completely restore your red blood cell count.