

How Often Can You Give?

Most healthy persons can give:

- blood every 56 days.
- automated (double) red cell donation every 112 days.

Who Is Eligible To Donate Blood?

Individuals who are 17 years of age (16 with parental permission in some states), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements. For more information about eligibility, please visit us at redcrossblood.org or call 1-800-GIVE-LIFE (1-800-448-3543).

What Should You Do Before Donating?

Donating blood will not alter your daily routine in any significant way. We suggest that you do the following things before donating to help you have a great donation experience:

- **Get a good night's sleep.**
- **Eat a well-balanced, nutritious meal.**
- **Drink lots of fluids 48 hours before donating.**

Is Giving Blood Safe?

You **cannot** contract any infectious diseases, including HIV/AIDS, by donating blood.

- Donating is a safe, quick and easy process. Needles, bags and tubing are used only once for your donation then discarded.
- Fluid volume (plasma) will be replenished in about 24 hours, platelets in a few days and red cells in a few weeks.

Did You Know?

- Blood is a perishable product that can only come from generous volunteer blood donors.
- The average adult has 10 to 12 pints of blood in their body.
- Nearly 5 million people need blood transfusions each year.
- One in 10 persons entering the hospital needs blood.
- The American Red Cross supplies over 40% of the nation's blood.
- If under control, neither high blood pressure nor diabetes prevents you from donating blood. The Red Cross will check your blood pressure to make sure it is at a safe level for you to donate.

What Is Donating Blood Like?

Donating blood is simple and takes about an hour from start to finish. Here's the process:

- **Registration:** We'll complete a form and ask for your donor card or picture ID.
- **Mini-Physical and Confidential Health History:** We'll check your pulse, temperature, blood pressure and iron to make sure it is safe for you to give. We'll also ask you detailed questions about your health.
- **Donating:** Actual donation time is about 6 to 12 minutes.
- **Refreshments:** Enjoy cookies and juice in our refreshment area after your blood donation.



African-Americans and Blood Donation



Morgan
American Red Cross
blood donor.

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

1-800-RED CROSS | RedCrossBlood.org

Why is it important that African-Americans give blood?

Blood that closely matches a patient's is less likely to be rejected by the patient and can mean fewer complications after a transfusion. Genetically-similar blood is superior for people who need repeated blood transfusions, for conditions like sickle cell anemia.

Increasing African-American donations is vital because blood types O and B, the blood types of about 70 percent of African-Americans, are the blood types most in demand.

Tackling Sickle Cell Anemia

Sickle cell anemia affects more than 70,000 people in the United States. Most of them are African-American. Many need blood transfusions every few weeks to help treat the effects of the disease. Blood from donors of the same ethnic background decreases the chance of causing complications for patients.



American Red Cross

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

Visit RedCrossBlood.org to learn more about blood donation opportunities and how you can help save lives.

African-Americans in Red Cross History

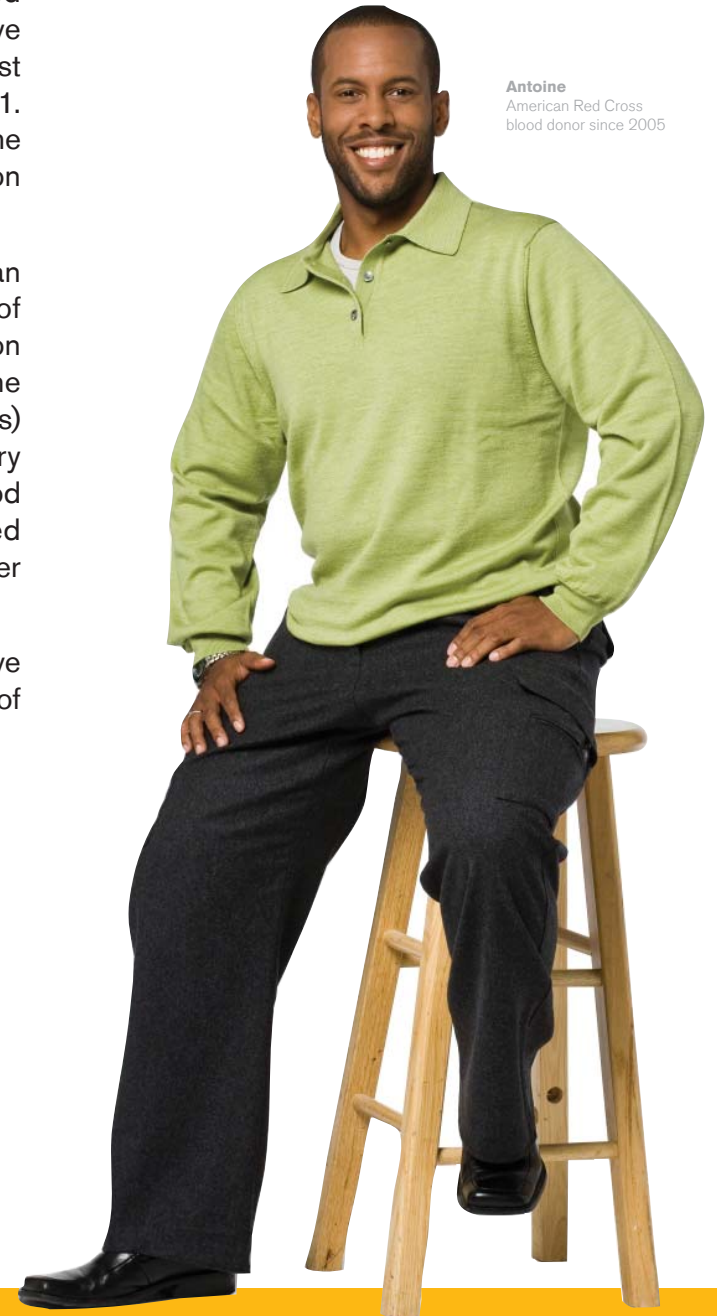
African-Americans have a long, distinguished history in the American Red Cross blood program. Dr. Charles Drew, an innovative medical researcher, was the director of the first Red Cross blood bank in New York in 1941. Drew's ground-breaking research became the foundation for today's modern blood donation programs.

Dr. Jerome Holland (an African-American educator, U.S. Ambassador, President of Delaware State College and the Hampton Institute and two-time Chairman of the American Red Cross Board of Governors) played a major role in consolidating laboratory operations of the American Red Cross Blood Services program. The world-renowned Holland Research Laboratory is named after him.

Thousands of other African-Americans have served in many other capacities in support of the American Red Cross.

Your blood donation can help African-Americans suffering from diseases such as sickle cell anemia, cancer and heart disease.

Become a blood donor. Feel good about making a difference!



Antoine
American Red Cross
blood donor since 2005