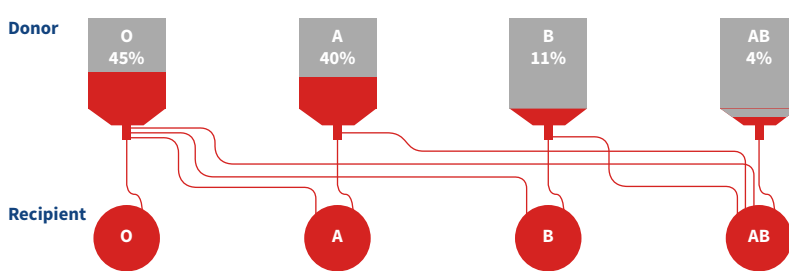


Learn more about blood needs and the benefits of blood donation



Blood Types and Transfusion

There are very specific ways in which blood types must be matched for a safe transfusion. Use the graphic on the left to learn more about matching blood types for transfusions.

- The universal red cell donor has Type O negative blood.
- The universal plasma donor has Type AB blood.

1 donation can potentially **save up to 3 lives**



Every **2 seconds** someone in the U.S. needs blood



Less than **38 percent** of the population is eligible to give blood or platelets



Blood and platelets cannot be manufactured; they can only come from volunteer donors



Facts About Blood Needs & Blood Supply In The U.S.



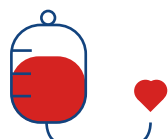
Approximately 36,000 units of **red blood cells** are needed every day



A single car accident victim can require as much as **100 pints of blood**



The blood type most often requested by hospitals is **type O**



The average red blood cell transfusion is approximately **3 units**



Red blood cells must be used within **42 days (or less)**



Each year, an estimated **6.8 million** people donate blood



13.6 million whole blood and red blood cells are collected in a year



Nearly **21 million blood components** are transfused each year



Platelets must be used within just **5 days**

The Benefits of Donating Blood



Improve Mental Health

- Reduce stress
- Improve your emotional well-being
- Help get rid of negative feelings
- Provide a sense of belonging and reduce isolation



Lower Risk of Heart Disease

Blood donation may lower the risk of heart disease and heart attack because it **reduces the blood's viscosity**



Lower Risk of Cancer

The reduction of iron stores while giving blood can reduce the risk of cancer.



Free Health Checkup

- Pulse
- Blood pressure
- Body temperature
- Hemoglobin levels

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