



American Red Cross

Together, we can save a life

DID YOU KNOW?

- ◆ There is no substitute for human blood.
- ◆ An adult body contains 10-12 pints of blood.
- ◆ Blood carries oxygen and nutrients to all parts of the body.
- ◆ Blood carries carbon dioxide and other waste products back to the lungs, kidneys and liver for disposal.
- ◆ Blood fights against infection and helps heal wounds, keeping you healthy.
- ◆ One unit of blood can be separated into components (red cells, platelets and plasma) and used to treat up to three patients.
- ◆ Red blood cells last 42 days, plasma is good for up to one year, and platelets only 5 days.
- ◆ Each blood type is either Rh positive or negative. In addition to numerous blood subtypes, many rare blood antigens can be found.
- ◆ The most common blood type is O Positive. The rarest blood type is AB Negative.
- ◆ You must be at least 17 years of age or older and weigh 110 pounds or more to donate blood.
- ◆ You can donate blood every 56 days.
- ◆ The average healthy person will be eligible to give blood more than 330 times in his or her lifetime.
- ◆ Blood donation takes four steps: medical history, quick mini-physical (temperature, blood pressure, iron level), donation itself and snacks.
- ◆ Donating blood rarely hurts. To see what it feels like, pinch your skin at your elbow joint.
- ◆ It is impossible to get AIDS from giving blood.
- ◆ You can call **1-800-GIVE-LIFE (1-800-448-3543)** to find out when a Red Cross blood drive will be coming to your area!