



## Common Questions About Donating Blood

**Q: Is it safe to give blood?**

A: Yes. A Red Cross professional will check each person's health before the actual donation. The Red Cross uses a new, sterile, needle and plastic bag to collect the blood of each donor. This equipment is used only once.

**Q: Who can donate blood?**

A: People who feel well, are 17 years of age or older, weigh at least 110 pounds and who haven't donated in the last 56 days may be eligible. There is no upper age limit for blood donation, assuming that all health history criteria are met. The donor's health and safety are very important to us. A Red Cross professional asks for the medical history of each donor. In addition, the donor's temperature, pulse, blood pressure, and iron level are checked. All information is kept confidential.

**Q: How do people feel after donating?**

A: Your body contains 10 to 12 pints of blood. Each donation takes approximately one pint. Fluid lost from the donation is quickly replaced. Most people feel great after donating and can return to work after a short rest period.

**Q: Does it hurt to give blood?**

A: You will feel a slight pinch. Otherwise, there is no pain involved in giving blood, only the satisfaction of knowing that you may have helped to save several lives.