

TOP 10

reasons

Give to
Blood



American Red Cross

You will get juice and cookies.

It's easy and convenient. It only takes about an hour to give whole blood, and you can make your donation at an American Red Cross blood donation center or one of many blood drives held at businesses, community centers, schools or places of worship.

You will weigh less. One pint less than when you came in!

It's something you can spare. Most people have blood to spare, yet there is still not enough to go around.

No one can ask you to do heavy lifting. As long as you wear your bandage, you're on reprieve. Wear it as long as you like. It's a badge of honor!

You will walk a little taller afterward. Most people feel good about themselves knowing they've just helped save someone's life. You will too!

You will be helping to ensure that blood is there when it's needed. Most people don't think they'll ever need blood, but many do. One whole blood donation can yield up to three blood products: red cells, platelets and plasma.

You will give a gift that costs nothing, but last a lifetime. Blood is something money can't buy. It's only something that one person can give to another.

You will be someone's hero. You may give a newborn, a child, a mother or father, a brother or a sister another chance at life. In fact, you can help save up to three lives with just one donation!

It's the right thing to do!



redcrossblood.org | 1-800-RED CROSS | 1-800-733-2767 | [facebook.com/redcrossblood](https://www.facebook.com/redcrossblood)

Individuals who are 17 years of age (16 with parental permission in some states), meet weight and height requirements (110 pounds or more, depending on their height) and are in generally good health may be eligible to give blood. Please bring your Red Cross blood donor card or other form of positive ID when you come to donate. STAN.Info015 | v2 2010/01_v3 2011/01_v3 2012/01 © 2013 The American National Red Cross | 02/11AP0124

Maximize your blood donation. Help more patients.

Power Red

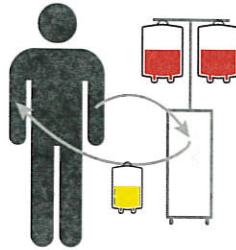


American Red Cross

Red blood cells are the most commonly transfused blood component, and therefore the most needed. Since they carry oxygen throughout the body, they are essential to hospital patients. Give a Power Red donation and you can help more patients.

Power Red Donation

During a Power Red donation, you give a concentrated dose of red cells, the part of your blood used every day for those needing transfusions as part of their care. This type of donation uses an automated process that separates your red blood cells from the other blood components, then safely and comfortably returns your plasma and platelets to you. These red cells help trauma and surgery patients, those undergoing organ transplants, women experiencing complications from childbirth, and people with anemia.



Help more patients with one scheduled appointment. Red cells are the most commonly transfused and needed blood component. They are always in high demand, frequently given to trauma and surgery patients.

Maximize your impact. With just a little extra time at your appointment, you increase your impact on patients in need.

A comfortable experience. Many donors say they prefer the experience of a Power Red donation: it requires a smaller needle and fluids are returned to the donor during the donation process.

Important Donor Information:

- We encourage donors with the following types to give a Power Red donation: O negative, O positive, A or B negative.
- Donors who are A or B positive are encouraged to give a whole blood donation, as plasma is needed from these blood types.
- Power Red donors can give every 112 days, which is different than a regular blood donation every 56 days.
- In addition to meeting standard blood donor qualifications, the following requirements apply for those interested in Power Red donation:

Power Red Requirements		
MCS+ Machine	Female	Male
Minimum height	5'5"	5'1"
Minimum weight	150 lbs.	130 lbs.

Call **1-800-RED CROSS (1-800-733-2767)** or visit redcrossblood.org/givemore to schedule an appointment or for more information.

Think that a recent tattoo means you can't give blood? **THINK AGAIN! GET THE FACTS.**



Tattoo?

State-licensed tattoo parlors

You will not be deferred for a tattoo that is applied:

- ~ by a state-regulated entity
- ~ using sterile needles
- ~ with ink that is not reused

Donors will be asked to confirm that the tattoo was given using only sterile needles and ink that was not reused.

Most states currently regulate tattoo facilities. Unless tattoos have been applied by a state-regulated entity/facility using sterile needles and ink that is not reused, there may be a risk of transmission of infectious diseases.

Other situations

Non-regulated tattoo parlors: Wait 12 months after a tattoo if it was applied in a state that does not regulate tattoo facilities regardless of whether non-reused ink and sterile needles were used.

Permanent cosmetics: Permanent cosmetics such as eyeliner, eyebrows, lips, etc., done under the medical supervision of a physician are acceptable in any state.

For everyone: Discuss your particular situation with the health historian at the time of donation. If you are not sure whether a tattoo parlor you visited was in a regulated state, or if needles were sterile and ink was used only once, a Red Cross donor eligibility expert can help.

Do you still have questions?

Ask a health historian at a blood drive, call 1-800-RED CROSS or visit redcrossblood.org.



American Red Cross

Why is your race important as a blood donor?



American Red Cross

You might be a special match for a patient in need!



When you donate blood and mark your race on the blood donor record, you are taking that extra step toward specifically helping individuals with sickle cell disease or rare blood types.

Thank you

There are many rare blood types:

The majority of blood types fall into one of the following type categories: A, B, AB, and O. But for a small part of the population, finding someone else with the same blood type can be as difficult as looking for a needle in a haystack.

Rare blood types can be specific to race:

Red blood cells carry markers called antigens on their surface that determine one's blood type. There are more than 600 known antigens besides A and B. Certain blood types are unique to specific racial and ethnic groups.

SICKLE CELL ANEMIA BLOOD RECIPIENT

Aaron's Story | Aaron was diagnosed with sickle cell anemia when he was two years old and endures the pain associated with this debilitating disease on a daily basis. A key component in his pain management is receiving 10 pints of blood every three weeks. He is able to live a relatively normal life through the generosity of strangers who voluntarily donate blood.



Make your donation count and  your race!

Hemoglobin and Iron



**American
Red Cross**

What is hemoglobin?

Before each donation, the Red Cross checks your hemoglobin level to protect your health. This is done by pricking your finger for a small sample of blood. Hemoglobin is a protein in your blood that contains iron and gives blood its red color. Hemoglobin carries oxygen from your lungs to nourish all the tissues in your body.

Currently, female donors must have a hemoglobin level of at least 12.5 g/dL, and male donors must have a hemoglobin level of at least 13.0 g/dL. If your hemoglobin is too low, you will be asked to wait to donate blood until your levels increase. A low hemoglobin level may be normal for you or it could be a sign of another condition such as anemia. If you are concerned about your hemoglobin level, you should consult with your health-care provider.

What is iron?

Iron is an essential mineral found in our diet and is part of hemoglobin. You need iron to make new red blood cells to replace the ones lost in a blood donation. Low iron may cause anemia or make it worse.

What if I've been deferred for low hemoglobin?

If your hemoglobin was in the normal range but too low for donation, we encourage you to eat a well-balanced diet with plenty of food high in vitamin C and rich in iron. It is normal for hemoglobin levels to fluctuate, so we encourage you to schedule another appointment soon.

If your hemoglobin has been below the minimum level for donation on several occasions, we suggest that you discuss the results with your health-care provider. If you are a frequent donor, we recommend that you discuss with your health-care provider taking a multivitamin with iron or an iron-only supplement to replace the iron lost through blood and platelet donations.

For more information, please visit our website at redcrossblood.org/iron.

IRON BOOSTERS

HIGH-IRON FOODS

- Meat and eggs
- Seafood
- Vegetables
- Bread and cereal
- Fruit
- Beans

FOOD & DRUGS THAT CAN DECREASE IRON ABSORPTION

- Coffee or tea
- Chocolate
- High-fiber foods
- Some medications like antacids

View a full list at:
[redcrossblood.org/
iron-rich-foods](http://redcrossblood.org/iron-rich-foods)

Download the Blood Donor App | redcrossblood.org | 1-800-RED CROSS (1-800-733-2767)