

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

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

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)

Thank you for coming to donate blood.

Please read this important information.

We value your time.

Please check with a staff member if you:

- Do not have positive identification
- Weigh less than 110 pounds
- Are age 18 or younger, donating whole blood and
 - Shorter than 5' (for male donors)
 - Shorter than 5'6" (for female donors)
- Are a high school student at a high school drive donating whole blood and
 - Shorter than 5' (for male donors)
 - Shorter than 5'6" (for female donors)
- Are taking antibiotics
- Are a platelet apheresis donor and have taken aspirin in the past 72 hours
- Have cold symptoms
- Have traveled outside the United States or Canada in the last 12 months
- Had cancer in the last 12 months
- Donated blood in the last 56 days
- Received any vaccine, including for hepatitis B, in the last 8 weeks



**American
Red Cross**

©2012 The American National Red Cross
All rights reserved.

How Your Donation Makes a Difference



**American
Red Cross**

Your blood is needed more than you think.



At 13, Tim had no way of knowing that a terrible stomach ache could result in multiple surgeries and blood transfusions to help save his life from E-coli poisoning. He and his friend had just returned from a camping trip, and had cooked some burgers on a grill. The next day, he got sick and his friend didn't. Everyone thought it was a "bug" or the flu.

But after several days of horrible abdominal cramps, Tim was admitted to the

hospital and placed in intensive care. His kidneys shut down and his blood counts were low. He needed transfusions to stave off dialysis and further damage to his system.

Tim was in the hospital for six weeks. His experience strengthened his resolve to be the first in line at his high school blood drive when he turned 17. He's been a donor now for more than a decade, and tells his story to everyone in hopes they'll become blood donors, too.

WHAT HAPPENS TO MY BLOOD AFTER I DONATE?

- 1. AT THE BLOOD DRIVE OR DONATION CENTER**
You share the gift of life through blood donation. Your donation is assigned a unique computer barcode number, which will identify it throughout its path to a hospital patient.
- 2. AT THE RED CROSS LABORATORY**
Samples of blood components are sent for testing to an American Red Cross National Testing Laboratory to ensure they're safe for patients. The blood is separated into three components: red cells, platelets and plasma and placed in quarantined, temperature-controlled refrigeration units until the test results are received (usually 12-16 hours later). After the blood components are released from testing, they are transported to the hospitals as needed.
- 3. AT THE HOSPITAL**
Doctors determine when a patient needs a transfusion and which component they need. The blood component is then transfused to a patient by hospital personnel.

GET INVOLVED AND MAKE A DIFFERENCE:

Be a regular donor! You can donate whole blood every 56 days, up to six times per year; platelets every seven days, up to 24 times per year; and double red cells every 112 days, up to three times per year.

Volunteer! Every day, generous people support the Red Cross blood program by volunteering their time.

Spread the word! Tell your friends and family about the difference they can make by donating blood.

Visit redcrossblood.org! Go to our website for the most up-to-date tools and information to become a Red Cross advocate today.