

Yes, You Can Donate!

There are many common excuses for not giving blood, and also many misconceptions about eligibility requirements.

Here are a few myths dispelled:

I'm nervous about giving blood.

In fact, most first time donors are. However, after donating most also wonder why they were ever nervous. Once you see how simple it is and know the value of what you have given, you will probably want to give again.

It's inconvenient to donate blood.

From the time you sign-in, the whole donation process usually takes a little under an hour. Your actual blood donation will take less than 10 minutes. With donor centers located throughout the region and blood drives held nearly every day of the year, our staff works hard to make the process as convenient as possible for you.

I might get a disease from donating blood.

All of our equipment is brand new, disposable and used only one time. The only thing you can get from donating blood is the good feeling knowing you have helped others.

They don't really need my type.

Every type is the right type. All types, including common ones like O Positive and A Positive, are needed by patients all the time. The only wrong type is the type we do not have.

I'm too young. OR I'm too old.

You can donate blood as long as you are at least 17 years old. And you are never too old as long as you are healthy. There is absolutely no upper age limit on donating blood.

Other people must be giving enough blood.

Actually, less than 5% of the eligible population actually donates blood. Yet, the demand for blood and blood components is constant. The needs of patients can only be met by people like you.

Yes, you CAN also give if...

You have insulin dependent diabetes as long as it is controlled and stable • You had your ears pierced as long as it was done with a sterile, single user kit • You had a heart condition or had cardiac procedures done over a year ago, you are no longer on medication (aspirins are okay) and there is no underlying heart damage (may require written consent from physician) • You are taking medications for mitral valve prolapse, as long as there are no restrictions on activity • You are taking blood pressure medication and your blood pressure is controlled and stable • You had a stroke over a year ago, are on no medications for the stroke and have no restrictions in activity •



1-800-86-BLOOD
www.thebloodcenter.org