

# 10 Reasons to donate blood:

**1. You can *SAVE A LIFE!***

Every three seconds someone needs blood. And there is no substitute for blood when it is needed. It is only manufactured by the human body, and is only made available to those who need it by generous people who donate it.

**2. It's a *Vital Community Service!***

With a blood donation, you are contributing to a service as vital to the community as Police and Fire protection. Up to 350 pints of blood are needed each and every day to ensure a stable community blood supply. Once 'banked,' your blood becomes a lifesaving ingredient for someone in our community.

**3. You receive a *Free Mini-Physical!***

Each time you donate blood, your blood pressure, temperature, pulse and hemoglobin (iron levels) is checked beforehand. After your donation, your blood is sent to the laboratory for testing.

**4. You become a member of a *Select Group of People!***

Less than 5% of the eligible population actually donates blood. As a blood donor, you become a member of The Blood Center's lifesaving team of donors!

**5. You could help *Prevent Blood Shortages!***

Shortages tend to occur around the holidays and summer months when usage is up and donations tend to decrease. By becoming a regular blood donor, you could help ensure that shortages never occur!

**6. Giving Makes you *Feel Good!***

Knowing that you are doing something for someone else in need makes you feel good!

**7. You can receive *Unlimited Blood Coverage!***

When you donate blood you have the options of choosing: unlimited blood coverage for you and up to three others, blood replacement, sponsoring a sick child to attend Camp Challenge, or receiving a cool recognition item!

**8. You will discover *Your own Blood Type!***

If you don't know your blood type already, you will discover if you are O, A, B, or AB positive or negative blood type. The Blood Center will send you a donor card shortly after your donation affirming your blood type, which may come in handy for you in an emergency.

**9. It is a form of *Charity that Costs Nothing!***

Donating blood costs nothing but a little bit of your time. Time that could mean a lifetime to somebody else!

**10. You can help *ensure it is there for Your Loved Ones!***

One out of every three people will need blood before the age of 72. That could mean you or a loved one! The more regular blood donors there are, the more assurance that blood will be ready and available when and if you or a loved one needs it.



**THE BLOOD CENTER**

*Serving you for life!*

1-800-86-BLOOD  
thebloodcenter.org