

Facts about Blood and Blood Donation

1. Anyone in good health, at least 16 years old, and at least 110 pounds may **donate blood** every **56** days, or every two months. (16-year-olds must provide parental permission to donate. There is no upper age limit.)
2. **4.5 million:** the number of American lives saved each year by blood transfusions.
3. 43,000 pints: amount of donated blood used each day in the United States.
4. Someone needs blood *every two seconds*.
5. About 1 in 5 people entering a hospital needs blood.
6. **Three: the number of lives saved by one pint of donated blood.**
7. Ten pints: amount of blood in the body of an average adult.
8. One unit of blood is roughly the equivalent of one pint.
9. Blood makes up about 7 percent of your body's weight.
10. A newborn baby has about one cup of blood in his body.
11. 3.4 pints: the average red blood cell transfusion.
12. Blood fights infection and helps heal wounds.
13. Four main blood types: A, B, AB and O. **AB is the universal recipient, O negative is the universal donor.**
14. Blood centers often run short of types O and B blood.
15. Shortages of all blood types happen during the summer and winter holidays.
16. If all blood donors gave 2 to 4 times a year, it would help prevent blood shortages.
17. **48 gallons:** amount of blood you could donate if you begin at age 17 and donate every 56 days until you reach 76 years old.
18. Three gallons of blood is used every minute in the United States.
19. Four steps to donate blood: medical history, quick physical, donation and snacks.
20. **The actual blood donation usually takes less than 10 minutes.** The entire process -- from the time you sign in to the time you leave -- takes about an hour.
21. Giving blood will not decrease your strength.
22. **You cannot get AIDS or any other infectious disease by donating blood.**
23. Fourteen tests (11 for infectious diseases) are performed on each unit of donated blood.
24. A cancer patient can need up to 8 units a month. Heart surgery patients can need up to 25 units!

25. AB is the rarest blood type – occurring in only 4% of people.
26. A+ is the 2nd most common blood type. These donors are encouraged to donate platelets or red cells.
27. A- donors are encouraged to give double red cells.
28. While we don't provide blood typing at the blood drive, you can go to [Versiti.org](https://www.versiti.org) to see your blood type and view your donation after you give.
29. Donors who have had a tattoo or received a piercing can give as soon as it is healed and if it was given at a licensed facility in Illinois. Contact Versiti for other states.
30. Versiti of Illinois needs to collect approximately 600 units per day to adequately supply their 70+ hospitals.
31. **Approximately 25%** of the blood collected is donated by college and high school students.
32. Blood cannot be manufactured in a laboratory.
33. Whole blood has a shelf life of only **42 days**.
34. Donors should eat well before they donate.
35. Proper hydration is important when donating blood.
36. Many patients with severe sickle cell disease receive blood transfusions every month.
37. Seventeen percent of non-donors cite "never thought about it" as the main reason for not giving, while 15 percent say they're too busy.
38. The number one reason blood donors say they give is because they "want to help others."
39. There is no substitute for human blood.
40. Giving blood will not decrease your strength.
41. People who donate blood are volunteers and cannot be paid for donating blood.



The Four Steps of a Blood Donation

Registration

We ask some information about yourself and give you important information to read up on. Remember – you **MUST** have a photo ID to donate. If you are 16, you must have a signed Versiti permission slip.

Screening and Mini Physical

We then conduct a confidential interview and ask you questions on your medical history. We will then check your pulse, blood pressure, temperature and iron level.

Donation

While you relax in a comfortable donor bed, we clean your arm with antiseptic and then draw about one pint of blood. It takes about five to eight minutes to donate whole blood! *Be sure to eat a good meal and drink plenty of fluids at least four hours before your donation!*

Refresh

After you donate, we give you cookies and juice to enjoy. Your body needs to replenish fluids lost over the next 12 – 24 hours.

Please take the time to give the gift of life!!