



## **Save Lives: Be a Quiet Hero**

Give the gift of life--donate blood. One out of every 10 people entering a hospital needs donated blood. Without life saving blood transfusions, 5 million Americans would die each year. Just one pint of donated blood can save the lives of three people. Be a quiet hero. Save lives up to 5 times a year by donating your blood.

### **Who You Can Help**

Much of today's medical care depends on a steady supply of blood from health donors. Your blood donation can help

- Accident, trauma, burn or disaster victims
- Adults and children who have cancer or need heart surgery
- People who do not have enough iron in their blood (anemia)
- People who have diseases such as sickle cell disease, leukemia.
- People who need bone marrow transplants
- Premature infants

### **10 Things to Know About Donating Blood**

1. It is safe to give blood. (You cannot get AIDS or any other infectious disease by donating blood.)
2. Giving blood does not decrease strength.
3. The blood donation process, from start to finish, is about 45 minutes.
4. The actual blood donation usually takes about 10 minutes.
5. Donating blood doesn't hurt (well, maybe a tiny bit for a brief moment).

6. There are 4 steps to donate blood:
  - a. Answer a brief confidential medical history.
  - b. Have temperature, pulse rate, blood pressure tested.
  - c. A drop of blood from your finger will be tested for your safety to determine iron level.
  - d. If eligible, give blood and then have a snack before leaving.
7. Certain medications, health problems, or conditions may disqualify you from donating blood. (That is why you answer questions and have mini physical exam.)
8. You can donate blood for yourself or direct it to others such as friends, family, disaster victims, etc.
9. Healthy donors are the only source of blood. There are no substitutes.
10. You can be a quiet hero and donate blood about every 2 months.

Good News!  
A pint of blood weighs a pound.  
(You lose a pound every time you donate blood!)

Bad News!  
"Every two seconds, some one needs blood."  
—American Red Cross

**Resources:**

- [FDA - Have You Given Blood Lately?](#)
- [BNL Blood Drive - 56 Facts About Blood and Blood Donation](#)
- [American Red Cross - How to Help](#)
- [American Red Cross - Why Give?](#)