

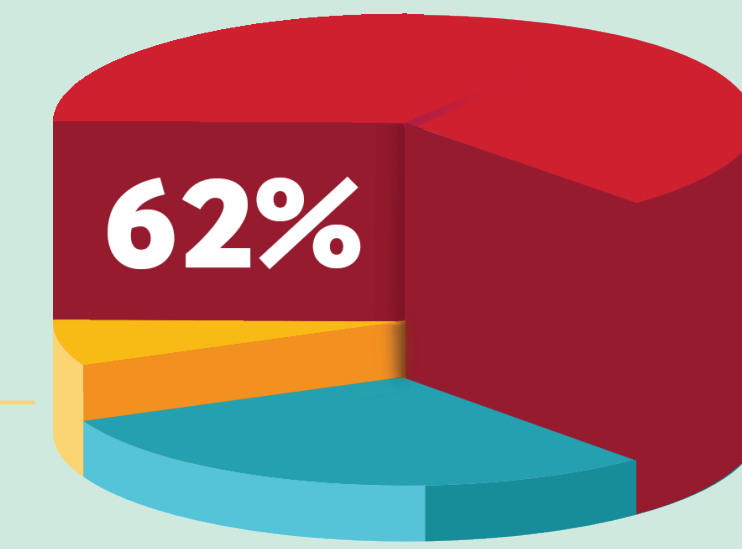
A few facts about blood



- 1 There is no substitute for human blood. It can't be manufactured.¹
- 2 There is not enough supply to meet global demand.²
- 3 There are not enough blood donors in the world.²
- 4 Blood donations save lives.²



Your individual donation is more important than ever.



of the U.S. population is eligible to give blood.

But only about **3%** donate each year.⁴



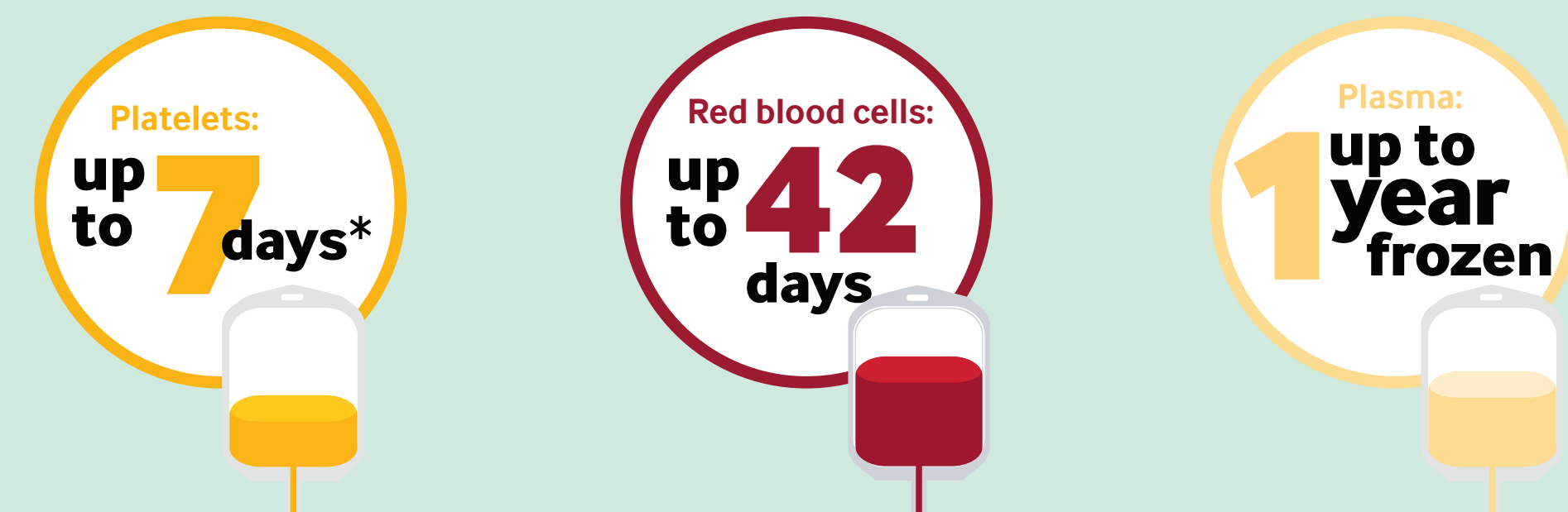
Am I eligible to donate blood?*

- ✓ Be in general good health and feeling well.⁵
- ✓ Weigh at least 110 lb/50 kg.⁵
- ✓ Be at least 16 years old.⁵

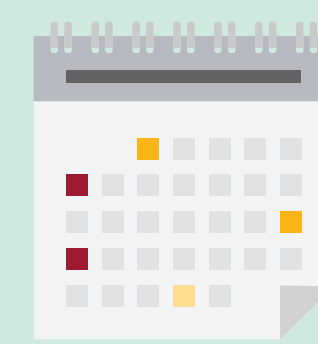
*Check your local requirements — they may be different.

Why should I donate now?

Blood supplies must be constantly replenished. Shelf life of each component¹:



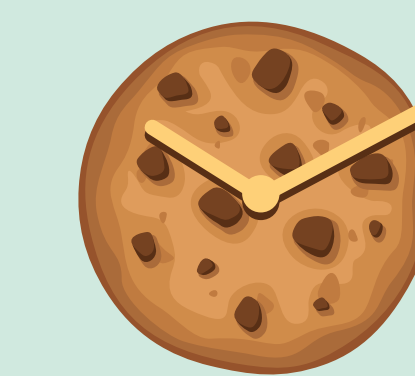
*Shelf life varies. Check with your local blood center.



How often can I donate?*

Whole blood donation: Every 56 days⁵
Double red blood cell automated donation: Every 112 days⁵
Plasma automated donation: Every 28 days⁵
Single platelet automated donation: Every 7 days⁵

*Check with your local blood center — frequency may be different.



From start to snack: How long do the different types of donations take?*

Whole blood donation: 1 hour
Double red blood cell donation: 1.25 hours
Plasma donation: 1.25 hours
Platelet donation: 3 hours

*Times may vary. Check with your local blood center.

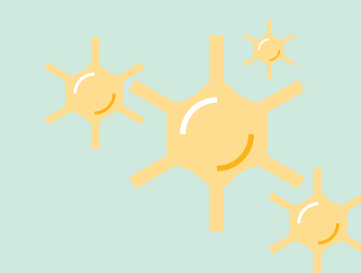
2 ways to donate blood



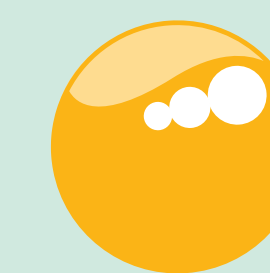
Whole blood (WB) donation: Whole blood is collected and separated into components after the donation.

Automated donation: Blood is separated during collection, and only the most needed components are collected. The unneeded blood components are returned to the donor.

How are components used? Here are some examples.



Platelets are needed for:
→ Patients with blood clotting problems
→ Accident victims
→ Cancer patients



Plasma is needed for:
→ Bleeding disorders
→ Acute blood loss
→ Severe burns



Red blood cells are needed for:
→ Severe anemia
→ Blood loss from injury
→ Major surgery or disease

¹Association for the Advancement of Blood & Biotherapies (AABB). FAQs about blood and blood donation. Accessed March 31, 2026. <https://www.aabb.org/for-donors-patients/faqs-about-blood-and-blood-donation>.
²World Health Organization (WHO). Blood transfusion safety. Accessed March 31, 2026. https://www.who.int/health-topics/blood-transfusion-safety#tab=tab_1.
³AABB. Why donate blood. Accessed March 31, 2026. <https://www.aabb.org/for-donors-patients/why-donate-blood>.
⁴American Blood Centers and ADPR. U.S. Blood Donation Statistics and Public Messaging Guide. Version 3.0. February 2026. <https://www.adpr.org/resource/u-s-blood-donation-statistics-and-public-messaging-guide>.
⁵Eligibility requirements: requirements by donation type. American Red Cross. Accessed March 31, 2026. <https://www.redcrossblood.org/donate-blood/how-to-donate/eligibility-requirements.html>.
⁶American Red Cross. Types of blood donations. Accessed March 31, 2026. <https://www.redcrossblood.org/donate-blood/how-to-donate/types-of-blood-donations.html>.

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