

BLOOD DONATION

FAQs



Who can donate blood?

To donate blood, you need to be in good health, at least 16 or 17 years old (depending on your state) and weigh at least 110 pounds. Your community blood center will provide you with additional information regarding all eligibility requirements. Please contact your local blood center—do not assume you cannot donate!

What should I know before I go?

Before going to your local community blood center, be sure to:

- Get a good night's sleep
- Eat a well-balanced meal
- Drink plenty of water, as hydration is very important
- Bring a government issued state I.D. (driver's license, passport, DMV I.D. card, etc.) or your school photo I.D.
- Be at least 16 or 17-years old depending on your state. Parental permission may also be required.
- Be in general good health



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What can I expect at the blood center?

The following steps will take place upon your arrival at the blood center or drive:

Registration—Staff will check you in and provide an overview of eligibility requirements and information on the blood donation process.

Donor Health History Questionnaire—Complete the confidential questionnaire that will be provided, answering each question honestly and to the best of your ability.

Mini-physical Examination—Staff will take your blood pressure, pulse, temperature, and determine your iron levels.

What can I expect during donation?

Actual whole blood donation takes about **10 minutes**.

Apheresis collection can last **60–90 minutes**.

Make sure to relax during this process.

What should I expect after donation?

- Follow staff instructions and proceed to the refreshment area for water and snacks.
- Drink plenty of water to ensure proper hydration.
- Make sure the next meal you eat is healthy and well balanced.
- Do not smoke.
- Follow the blood center's additional instructions on how to take care of yourself after your donation.
- Once you're finished, don't forget to schedule your next blood donation and enjoy the satisfaction of helping to save a life!



WHY IS DONATING

BLOOD SO IMPORTANT?

- The blood supply is unique within our healthcare system: blood cannot be synthetically made and **relies on voluntary donations**.
- ✗ Every **two seconds** in America, someone needs blood.
- More than **five million people** need blood transfusions each year throughout the United States.
- ✚ More than **12,000 units** of platelets and plasma will be transfused in America today alone.
- ✗ **1 in 7** people entering a hospital will need blood.
- Transfusions are needed **every day** for patients experiencing trauma and needing ongoing disease management, including cancer, inherited blood disorders, cardiovascular and orthopedic surgeries, and organ and bone marrow transplants.
- ✚ Our nation's blood supply remains under immense strain with **critically low levels** available in many areas of the country.
- The **COVID pandemic** has led to the loss of many traditional school and work-based drives, the backbones of blood donation, with many yet to return.
- ✗ The **rarest blood type** is the one not on the shelf when it's needed.



WHY IS DONATING

BLOOD SO IMPORTANT?

- **Just three percent** of all eligible Americans donate blood right now—despite 65 percent of the U.S. population being eligible. This donor pool is older and less diverse than is needed to create a steady supply in the long-term.
- ✗ **Less than 20 percent** of all blood donations each year come from individuals in communities of color.
- ✗ Donations from individuals 19 years old and younger have **dropped nearly 50 percent** over the last two years.
- ***That's why ABC's partnership with HOSA is happening at such a critical time.***
- HOSA students have a **unique opportunity** to help build a stronger blood supply—one that includes more first-time and younger donors and is as diverse as the country that depends on it.
- +
- HOSA students and the donors they recruit will **help save lives** in their community. A single blood donation can save multiple lives.
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- Blood centers operate 24-hours a day, 7-day a week, 365-days a year to deliver blood wherever and whenever it is needed.
- ABC member blood centers are ready to work with HOSA students to help save lives and **build that next generation of lifelong blood donors.**

