

# #GiveLifeIE



## Blood Donation Facts

Only 3% of the eligible population donates blood each year. If just 1% more Americans donated blood, shortages would be alleviated.

- 1 in 7 people entering the hospital will need a blood transfusion.
- Every 2 seconds, someone in the U.S. needs blood.
- Less than 10% of the population that is eligible to donate actually does so.
- Did you know the average units of blood products needed are:
  - A liver transplant patient needs 45 pints
  - A heart transplant patient needs 4-6 pints
  - An auto accident patient needs 4-40 pints
  - And a bone marrow transplant needs over 150 pints over several
- The minimum goal for each blood drive is to collect 16-25 pints of blood.
- The actual process of donating whole blood normally takes less than an hour.
- The human body has about 10 pints of blood, and you'll only give 1 pint of blood during your donation.
- The body replenishes its volume after 2 days and red blood cells after 4-8 weeks.
- Most people only feel a slight pinch when the needle is entered into the arm.
- You do not need a Social Security card to donate; however, we do require a photo ID.
- Most common medications are acceptable for donating, including common blood pressure and diabetes medications.
- You can donate if you have a piercing or tattoo as long as it is healed and was done professionally at a licensed establishment in California or other approved states.
- Do not donate blood while pregnant. Women must wait 6 weeks after delivery to give blood.
- Whole blood is perishable and can be refrigerated for up to 42 days, while platelets have a shelf life of only 5-7 days.
- We do not offer free blood tests for the community; however, if you donate blood, you can review our online portal a few days after you donate to see your blood type.