

Facts About the Volunteer Blood Donor

- Healthy volunteer donors contribute 98% of the blood and blood products transfused in the United States.
- Donors cannot contract AIDS by donating blood.
- Volunteer blood donors contribute between 11 and 12 donations of blood resulting in the availability of nearly 15 million components for transfusion annually.
- Each day, 15,000 donors are needed to meet the ongoing need for blood and components.
- The number of donors volunteering to commit 2-3 hours to donate platelets by apheresis is increasing steadily.
- Many lives have been saved by blood voluntarily donated by caring individuals.
- Approximately 40% of the population are medically eligible to be donors, however, less than 10% are the "quiet heroes and heroines" that provide the blood needed for the entire population.
- Blood donors come from all walks of life. They are people just like you.
- Teenage donations have increased rapidly in the past ten years, due to state legislation lowering the age requirement to 17 years.
- Thousands of blood donors discuss with their families their desire to be an organ and tissue donor.

Donor Requirements

- Must be 17 years old. (No upper age limit as long as healthy.)
- Weigh at least 100 pounds.
- Never had Hepatitis.
- Be free of ALL cold and flu symptoms (or infection) on the day of donation.
- Not have been pregnant within past 6 weeks (or pregnant now).
- No recent surgery.
- No recent blood transfusion.
- Cancer - 5 year wait and must be medication and symptom free.
- Heart disease or heart medication - Must have a written doctor's permit stating it is OK to donate. (If you are on a blood thinner, you will not be able to donate.)
- Diabetes - Diet controlled or taking oral medications, OK to donate. Insulin injections require a doctor's permit.
- Blood pressure medication - OK to donate but must wait 2 hours after taking or take medication after donating.

- Must eat breakfast and/or lunch before donating. DO NOT donate on an empty stomach.
- Aspirin - OK to donate, just let staff know how much and when taken.
- Antibiotics - must wait five days from last dose before donating.
- Must not have exposure to anyone with AIDS. Exception: nurse, doctor, paramedic, etc.
- Malaria - Must wait 3 years and be medication and symptom free.
- Travel to Malarial area - Must wait 6 months before donating.