

# Top 10 Common Excuses To Not Donate Blood

## DON'T LET THIS HAPPEN AT YOUR POST!!!

- 1. I'm AFRAID OF NEEDLES -- Contrary to popular belief there is very little pain in the actual donation process. The feeling is no different than pinching your arm.
- 2. OTHER PEOPLE MUST BE GIVING ENOUGH BLOOD -- Only five percent of the eligible donor population actually bother to donate. New donors are needed to replace those who become ineligible due to medical reasons, and to keep pace with the rising need for blood each year.
- 3. MY BLOOD ISN'T THE RIGHT TYPE -- Every type is the right type. The rarest blood is the type that's not available when you need it. All types must be on hand when they are needed.
- 4. YOU WOULDN'T WANT MY BLOOD -- The nurses on duty review each donor's medical history before drawing the blood to protect the donor as well as the person who will receive the blood. Very few past illnesses exclude a person from donating.
- 5. I DON'T HAVE ANY BLOOD TO SPARE -- If you are in generally good health, you have 10 to 12 pints in your body. You may safely donate one pint of blood every eight weeks.
- 6. I'm TOO OLD TO DONATE -- If you are in good health and 17 years or older, you are able to donate safely. There is no upper age limit to donating blood.
- 7. I DON'T DONATE UNLESS IT'S AN EMERGENCY -- If people wait until a relative or friend needs blood, it could be too late to donate. It takes 12 to 18 hours to do the necessary typing and testing of the blood after donation. Blood has to be available before it is needed.
- 8. THEY THROW AWAY A LOT OF BLOOD -- The blood collected by Central Florida Blood Bank is generally delivered to a hospital for patient use, on the average, 48 hours after you have donated.
- 9. I CAN PAY FOR ANY BLOOD I NEED -- If dollars could be transfused, there would be no need to donate. However, only blood can be transfused and only people can donate. All the money in the world is useless if no blood is available.
- 10. I DON'T HAVE THE TIME TO DONATE -- Positively the poorest excuse ever invented. It only takes 30 minutes to give a pint of blood...the donation itself takes five to seven minutes on an average.

