

# Someone's *life* depends on *YOU*.

## Double your reasons to give blood

---

- With each donation, double red cell donors can help two patients needing this lifesaving component.
- Double red cell donors prefer the smaller needle used for their donation.
- Fluid replacement (saline) that comes with double red cell donations helps many donors feel even better after giving blood.
- Helping twice as many patients only takes these heroes about 15 – 20 minutes more than one whole blood donation.
- Double red cell donors give twice the number of red cells in half the number of donations.
- Double red cell donors can enjoy giving through a sophisticated technology that will help end blood shortages.

### Blood Types O and B donors can give more of the red cells our patients need most!

(63 percent of all transfusions are red cells.)

#### Who qualifies to give

	Female	Male
Minimum height	5' 5"	5' 1"
Minimum weight	150 lbs	130 lbs
Iron level	40%	40%

Add  
the reasons to give  
then  
multiply by two!