

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

Facts about giving blood

- Virginia Blood Services (VBS) is the sole provider of blood to all the hospitals in Richmond, Charlottesville, Harrisonburg, the Staunton/Waynesboro area, Farmville, Petersburg, Hopewell, Emporia and South Hill.
- 380 blood donations are needed every day for patients in the hospitals served by VBS.
- Approximately 37 percent of the population is medically eligible to donate, but nationally, fewer than ten percent do.
- Patients with cancer require blood more frequently than other patients. Patients with heart conditions are second most likely to require blood.
- You must be at least 16 years old (donors who are 16 years old must have written parental consent) and weigh 110 pounds or more to donate.
- Each time you donate, you will receive a mini-physical to check your pulse, temperature, blood pressure and iron level.
- Your donated blood will undergo ten tests for infectious diseases.
- Your donated blood will be separated into three components – red cells, plasma and platelets – that can help as many as three patients.
- Low iron does not permanently disqualify a donor from giving blood. Iron levels can be quickly increased by adding iron-rich foods and/or iron supplements.
- Donors must wait 24 hours after taking their last dose of an oral antibiotic. (There are some exceptions to this, however.)
- You donate only a small portion of your body's blood supply. Within 24 hours, your blood volume is restored.
- Many donors find it helpful to eat a good meal on the day of their blood donation.
- Your registration process will be easier if you bring your donor card, driver's license or some form of identification to the blood drive.

All types of blood are needed. Count yourself in, not out!

