

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

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## Why donating blood is important and why YOU should do it!

- 37 percent of the population is eligible to donate but, nationally, fewer than 10 percent do. You can't depend on someone else to give blood, because chances are they're depending on you!
- Most Americans will require a blood transfusion at some time in their lives. That could include someone you love or even yourself. By donating blood on a regular basis, you help ensure that there is always a safe, reliable supply.
- Virginia Blood Services is the sole provider of blood to hospitals throughout central Virginia. We must collect about 380 units of blood each day to ensure an adequate supply for their patients.
- Donating blood is safe. The materials we use are packaged for single donor use and are disposable.
- You can afford to share. Less than a pint of blood is taken during a donation and the average human has 10 to 12 pints. Plus, within 24 hours, your body automatically replaces the volume lost during your donation.

