+ POSITIVE BLOOD TYPE NEGATIVE -

37% of the population has O+ blood
- Most common blood type
- Most in demand
- Can be given to almost all patients
- Donate whole blood or automated red cells

7% of the population has O- blood
- Very rare blood type
- Donate whole blood or automated red cells

36% of the population has A+ blood
- Tremendous demand for A+ platelets
- 2nd most common blood type
- Consider platelets pheresis as your best way to help

6% of the population has A- blood
- Very rare blood type
- Donate whole blood or automated red cells

9% of the population has B+ blood
- Can donate only to B+ and AB+ patients
- Donate whole blood or automated red cells

1% of the population has B- blood
- Very rare blood type
- Donate whole blood or automated red cells

3% of the population has AB+ blood
- Very rare blood type
- Can donate only to AB+ patients
- Universal plasma donor
- Plasma or platelets pheresis is the best donation

1% of the population has AB- blood
- Rarest of blood types
- Can donate to AB patients only
- Best as universal plasma or platelet apheresis

### Blood Type Information

<table>
<thead>
<tr>
<th>Type</th>
<th>You can give red cells to</th>
<th>Type</th>
<th>You can give red cells to</th>
</tr>
</thead>
<tbody>
<tr>
<td>A+</td>
<td>A+ AB+</td>
<td>A-</td>
<td>A+ A- AB+ AB-</td>
</tr>
<tr>
<td>O+</td>
<td>O+ A+ B+ AB+</td>
<td>O-</td>
<td>Universal Donor</td>
</tr>
<tr>
<td>B+</td>
<td>B+ AB+</td>
<td>B-</td>
<td>B+ B- AB+ AB-</td>
</tr>
<tr>
<td>AB+</td>
<td>AB+</td>
<td>AB-</td>
<td>AB+ AB-</td>
</tr>
</tbody>
</table>

Saves Lives Takes All Types
Your Blood Has

Red Blood Cells
Red blood cells are used to carry oxygen to all your cells. They are given to surgery and trauma patients and those with blood disorders such as anemia and sickle cell disease.

Platelets
Platelets control blood clotting in your body and must be transfused within five days of donation. They are used to stop bleeding associated with cancer treatment and surgery.

Plasma
Plasma carries clotting factors and nutrients. It is given to trauma patients, organ transplant recipients, newborns, and patients with clotting disorders.

As stewards of our community’s blood supply, Virginia Blood Services’ goal is to aspire that each patient has the right component of the right blood type, in the right quantity, at the right time and in the right place.

Based on your blood type, the time you have available, and the automated technologies at each donation location, we may ask you to donate specific blood components. This will help you to maximize your donation to best serve patient needs.

Match Your Blood Type With Preferred Donation Choices*

<table>
<thead>
<tr>
<th>Type</th>
<th>Blood Types</th>
<th>Donation Locations</th>
<th>Donation Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Double Red Cell</td>
<td>O-,A-,B-</td>
<td>Bloodmobiles &amp; Centers</td>
<td>45 Minutes</td>
</tr>
<tr>
<td>Whole Blood</td>
<td>All Types</td>
<td>Bloodmobiles &amp; Centers</td>
<td>30 Minutes</td>
</tr>
<tr>
<td>Platelet Apheresis</td>
<td>A+, AB+, AB-</td>
<td>Select Bloodmobiles &amp; Centers</td>
<td>60-120 Minutes</td>
</tr>
</tbody>
</table>

* Changes may be made on a daily basis based on inventory. Virginia Blood Services will guide donors to the most efficient donation based on hospital and patient needs.

Targeting your blood donation to give specific components to best match patient needs may take extra time. Please do so if you can but know that we ALWAYS welcome your whole blood donation as it contains (although in smaller amounts) each of these vital components.