



# January IS NATIONAL BLOOD DONOR MONTH

Blood is needed for many reasons, including emergencies and for people with cancer, blood disorders, sickle cell anemia, and other illnesses. Now more than ever, blood donations are needed. However, blood can only come from a volunteer donor - meaning donating blood can be the difference between life and death.

## How long does it take to donate?

Donating blood takes about an hour and 15 minutes. The process starts with registration, a health history and a mini-physical. Then, if eligible, you move on to the actual donation, which usually only takes eight to ten minutes.

## Is donating blood safe?

Absolutely. The needles and bags used to collect the blood are sterile, only used once and then discarded.

## How much blood is taken?

You will only lose approximately one pint of blood. The vast majority of donors do not feel any different after their donation. A small percentage of people feel lightheaded, dizzy or have an upset stomach after donating blood. Your body will replace the lost fluid within 24 hours.

## Who can donate?

In general, to donate blood, you must be healthy, at least 17 years old, weigh at least 110 pounds and not have donated blood in the past 56 days.

The pandemic has caused unprecedented challenges to the U.S. blood supply. Maintaining adequate blood supply is vital to public health. Visit an American Red Cross near you to donate.



PIERCE GROUP BENEFITS