

Who Can Give Blood?

Did you know it takes 48 hours to test every blood donation? So if it was your friend or loved one who needed a lifesaving transfusion, the blood must already be on the shelf for the immediate need.

Blood donation is a generous and anonymous gift that helps to save countless lives. Please become a "Blood Donor of Distinction" with the Community Blood Council of New Jersey.



TOGETHER, YOU WILL
MAKE A DIFFERENCE.
TOGETHER, YOU WILL
ENSURE THAT BLOOD IS
THERE WHEN NEEDED.
TOGETHER, YOU WILL
SAVE LIVES.



Most healthy people who weigh at least 120 pounds and who are between 17-75 years of age are eligible to give blood (16 year olds with parent or legal guardians written consent). Federal regulations require whole blood donors to wait at least 56 days between whole blood donations, and 112 days between double red cell donations. Please remember that identification is required for all donors.

Before Giving Blood

Drink plenty of fluids and eat healthy meals. Between donations, give your body plenty of iron. Foods rich in iron include red meat, fish, poultry, broccoli, beans, raisins and prunes. For more information, go to our website at www.givebloodnj.org

Where Can I Donate?

DOMINIC MAIESE MUNICIPAL COMPLEX
125 SOUTH ROUTE 73
BRADDOCK, NJ 08037
FRIDAY SEPTEMBER 30, 2011
12 NOON TILL 7PM

DONORS OF DISTINCTION



BECOME A BLOOD DONOR
AND JOIN A
COMMUNITY FOR LIFE

Toll Free: (866) 244-8365
WWW.GIVEBLOODNJ.ORG

BLOOD TYPES

Blood Type	You can donate to	You can receive
O	O, A, B, AB	O
A	A, B, AB, O	A, O
B	B, A, AB, O	B, O
AB	AB, A, B, O	AB, A, B, O

SPECIALTY TYPES

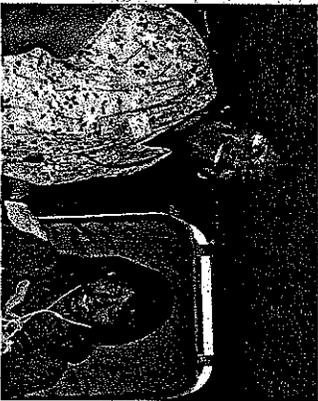
Although all blood types are important, there is a strong demand for O and type B blood. Negative is what is known as the "Universal Donor" and is usually in short supply. This means that in an emergency, anyone can receive this type of blood. It has been noted that African and Latino Americans have more type O and B than other populations.

DISTINCTIVE DONORS

As an ethnic donor, you may have the unique ability to help patients with special needs. Many African Americans, for example, have rare blood



types, which are distinctive to their community. Because of this, an African American patient with sickle cell anemia is less likely to have a transfusion reaction to blood donated from another African American. It is vital that our blood supply reflect the diversity of our population to best meet the needs of all. Whether African American, Native American, Latino American or the myriad of other ethnicities that make up the rich mosaic of our country, your donation is crucial for saving lives.



Did You Know These Facts?

- Fact: Sickle cell patients should receive transfusions that are optimally matched to their own blood, or else they are at an increased risk for further complications. In the United States, one in 12 African Americans has the sickle cell trait, and one in 400 African American newborns has sickle cell disease. Patients with the disease may need 15 to 25 blood transfusions each year.
- Fact: You must be at least 17 years old and weigh at least 120 pounds. (16 year olds can donate with parent or guardian permission) and you must be in good health.
- Fact: Every three seconds someone needs blood.
- Fact: 4.5 million Americans would die each year without life-saving blood transfusions.
- Fact: Blood Centers often run short of type O and AB blood.
- Fact: One out of every 10 people entering a hospital needs blood.



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56 FACTS ABOUT BLOOD AND BLOOD DONATION

One for each day between your blood donations!

1. 4.5 millions Americans would die each year without life saving blood transfusions.
2. Approximately 32,000 pints of blood are used each day in the United States.
3. Every three seconds someone needs blood.
4. One out of every 10 people entering a hospital needs blood.
5. Just one pint of donated blood can help save as many as three people's lives.
6. The average adult has 10 pints of blood in his or her body.
7. One unit of blood is roughly the equivalent of one pint.
8. Blood makes up about 7% of your body's weight.
9. A newborn baby has about one cup of blood in his or her body.
10. The average red blood cell transfusion is 3.4 pints.
11. White blood cells fights against infection and helps heal wounds, keeping you healthy.
12. There are four main blood types: A, B, AB, and O. AB Positive is the universal recipient and O negative is the universal donor.
13. Blood centers often run short of type O and AB blood.
14. Shortages of all types of blood occur during the summer and winter holidays.
15. If all blood donors gave 2 to 4 times a year, it would help prevent blood shortages.
16. If you began donating blood at age 16 and donated ever 56 days until you reached 76, you would have donated over 48 gallons of blood.
17. About three gallons of blood supports the entire nation's blood needs for one minute.
18. Blood donation takes four steps: medical history, quick physical, donation, and snacks.
19. The entire process, from when you sign in to the time you leave takes about 45 minutes.
20. Giving blood will not decrease your strength.



21. You cannot get AIDS or any other infectious disease, by donating blood.
22. Thirteen tests, 10 of which are for infectious disease, are performed on each unit of donated blood.
23. Any company, community organization, place of worship or individual may contact their local community blood center to host a blood drive.
24. People donate blood out of a sense of duty and community spirit, not to make money. They are not paid for their donation.
25. Much of today's medical care depends on a steady supply of blood from healthy donors.
26. One unit of blood can be separated into several components (red blood cells, white blood cells, plasma, platelets and cryoprecipitate).
27. Red blood cells carry oxygen to the body's organs and tissue.
28. There are about one billion red blood cells in two to three drops of blood.
29. Red blood cells live about 120 days in the circulatory system.
30. Platelets help blood to clot and give those with leukemia and other cancers a chance to live.
31. Apheresis (ay-fur-ee-sis) is a special kind of blood donation that allows a donor to give specific blood components, such as platelets.
32. Donated red blood cells must be used within 42 days of collection.
33. Donated platelets must be used within five days of collection.
34. Plasma can be frozen and used for up to a year.
35. Plasma is a pale yellow mixture of water, proteins and salts.
36. Plasma, which is 90% water, constitutes 55% of blood volume.
37. Healthy bone marrow makes a constant supply of red cells, plasma and platelets.
38. People who have been in car accidents and suffered massive blood loss can need transfusions of 50 pints or more of red blood cells.
39. The average bone marrow transplant needs platelet donations from about 120 people and red blood cells from about 20 people.
40. Severe burn victims can need 20 units of plasma during their treatment.



41. Children being treated for cancer, premature infants and children having heart surgery need blood and platelets from donors of all types.

42. Anemic patients need blood transfusion to increase their hemoglobin.

43. Cancer, transplant and trauma patients as well as patients undergoing open-heart surgery require platelet transfusions to survive.



44. Sickle cell disease is an inherited disease that affects more than 75,000 people in the United States, 95% of whom are of African descent. Some patients with complications from severe sickle cell disease receive blood transfusions every month – up to 4 pints at a time.

45. In the days following the September 11 attacks, a half a million people donated blood.

46. Females receive 53% of blood transfused; males receive 47%.

47. 94% of all blood donors are registered voters.

48. 60% of the U.S. population is eligible to donate – only 5% do so on a yearly basis.

49. 17% of non-donors cite "never thought about it" as the main reason for not giving, while 15% say they're "too busy." The #1 reason donors say they give is because they "want to help others."

50. After donating blood, red cells are replaced within 3 to 4 weeks.

51. Granulocytes, a type of white blood cell, roll along blood vessel walls in search of bacteria to eat.

52. White cells are the body's primary defense against infection.

53. There is no substitute for human blood.

54. It's about Life.



55. Since a pint is a pound, you lose a pound every time you donate blood.

56. Anyone who is in good health, is at least 17 years old and weighs at least 120 pounds may donate blood every 56 days. (16 year olds may donate with parent or guardian consent)