

Did You Know? Hospital Patients Need Your Blood

In the United States, a blood transfusion takes place every two seconds.

To adequately supply the Southern California hospitals served by the San Diego Blood Bank, approximately 400 donations are needed everyday.

One Donation Can Save Multiple Lives

- Donated blood is separated into components that can be used for more than one patient.

Red blood cells control anemia.

Platelets help blood clot and are needed by patients undergoing chemotherapy.

Plasma is used for burn victims.

Giving Blood Is Safe, Easy And It Saves Lives

Everything used in the donation process is sterile, disposable and used only once. You cannot contract any disease by giving blood.

You Can Give In Many Ways, Many Times

- A whole-blood donor can donate every 56 days, or six times a year.
- An apheresis (“Super”) donor can donate up to 24 times a year. A Super Donation is an automated collection of blood cells or plasma (blood components). Donors who participate in this program are designated as Super Donors because they pledge to donate for patients in need of blood components due to leukemia or other disorders, or due to an organ transplant or open heart surgery.
- An autologous donation (blood given before one’s own planned surgery) may be possible regardless of weight, age or medical history.

You Have A Lot To Give

The average size man has 12 pints of blood. The average size woman has 10 pints.

- Each whole blood donation is one pint.
- Seven percent of your body weight is blood.
- When you donate blood, your body immediately begins to restore the blood that was given.

O+	38%	O-	7%
A+	34%	A-	6%
B+	9%	B-	2%
AB+	3%	AB-	1%

Facts about Blood Donation