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**SAN DIEGO BLOOD BANK ISSUES URGENT CALL FOR BLOOD DONATIONS  
FROM DONORS WITH TYPE O BLOOD**

**SAN DIEGO (December 28, 2019)** – San Diego Blood Bank is asking those who have never given blood and those who haven't given blood recently, and have type O blood, to donate blood immediately. Supplies of O positive and O negative blood are at critically low levels.

Type O positive is the most common blood type, and therefore needed by many hospital patients, while type O negative is the universal blood type and can be given to any patient, and is often used in emergency rooms when there is no time to determine the blood type of the patient.

“Coming out of the holiday season, we typically see a decrease in donations of all types at this time due to schools being out of session for the holidays and seasonal illnesses like the flu,” said David Wellis, San Diego Blood Bank CEO. “The need for type O blood has hit a critically low level and we need the community to help us keep a safe supply for local hospital patients.”

San Diego Blood Bank has six donor centers throughout San Diego County and bloodmobiles out in the community, making it convenient to donate.

To be eligible to donate blood you must be at least 17 years old, weigh at least 114 pounds and be in general good health. Anyone who is eligible to donate blood and has O negative or O positive type blood is encouraged to make an appointment immediately at [www.SanDiegoBloodBank.org](http://www.SanDiegoBloodBank.org) or by calling 1-800-4MY-SDBB. Walk ins are also welcome.

**About the San Diego Blood Bank**

SDBB is dedicated to community health by providing a reliable supply of blood to patients in need. Our vision is to further ensure the health of our community by simultaneously delivering related health and wellness education and services and extending into research. SDBB is an independent, 501(c)(3) non-profit that serves hospitals in San Diego, Orange, Imperial and Los Angeles counties with blood transfusion products and reference laboratory services. SDBB currently operates six local donor centers and 10 bloodmobiles. SDBB's Cell Therapy Program provides lifesaving stem cell transplants to patients worldwide. For more information about SDBB, visit [www.SanDiegoBloodBank.org](http://www.SanDiegoBloodBank.org) or connect with us on [Facebook](#) and [Twitter](#).

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