

Reasons to give

And why we don't



American Red Cross

1-800-GIVE-LIFE | redcrossmichigan.org

10 I don't like needles • I'm scared • I'm afraid

Nearly everyone feels that way at first. But, most donors say they only feel a slight pinch initially, then you're done within minutes. After one donation, you'll wonder why you ever hesitated.

9 I am too busy

The entire process takes about an hour; the actual donation just 6 to 10 minutes. If you think that an hour of your time could mean a lifetime for a premature baby, a cancer patient, or an accident victim, you might decide to make the time.

8 No one has ever asked me • I didn't realize my blood was needed

Consider yourself asked! There is simply no other way to supply blood for hospital patients than through the generous donations of people like you.

7 I already gave this year

You can give every 56 days. Many donors give five or six times a year.

6 I'm afraid I'll get AIDS

It's not possible to get AIDS by donating blood through the Red Cross. A new sterile needle is used for each donor and discarded afterward.

5 My blood isn't the right type

Every blood type is needed. If you have a common blood type, many patients need it--so it's in high demand. If you have a less common type, few patients need it--so it's in short supply.

4 I don't have blood to spare

The average adult has 10 to 12 pints of blood. Doctors say that healthy adults may give regularly because the body quickly replaces what you donate.

3 I don't want to feel weak afterward

Donating blood should not adversely affect a healthy adult. You will give less than a pint. Your body constantly makes new blood, so you will replace what you gave within 24 hours. Most people continue their usual activities after donating.

2 They won't want my blood • I'm too old • I've had an illness

If you have any doubts, check with your physician. Qualified Red Cross staff will review your medical history with you. There is no upper age limit. Many medical conditions do not prevent you from donating.

1 I have a rare blood type so I should wait for a special need

Rare or special blood is almost always in short supply. Your type is constantly needed to avoid having to recruit specific types in a crisis.



The need is constant. The gratification is instant. Give blood.™