



BLOOD DONATION

EVERY 2 SECONDS, SOMEONE IN THE UNITED STATES NEEDS A BLOOD PRODUCT

31,000 pints of blood
are used every day

DONATION

Donation process:

- Actual whole blood donation takes about 10 minutes;
- Apheresis collection can last 60-90 minutes.
- Make sure to relax during this process.

HOW TO HELP

To donate blood, you need to be in good health, at least 16 or 17 years old (depending on your state) and weigh at least 110 pounds.

Details here:
<https://americasblood.org/for-donors/blood-donation-101/>

Learn More and Donate: <https://americasblood.org>