

JANUARY 2021



ONLY 3% OF AMERICANS DONATE BLOOD.

Many Americans are eligible to donate blood but only 3% do. The American Red Cross estimates that **every 2 seconds, someone in the U.S. needs blood.** Maintaining an adequate blood supply is vital to public health. Blood donors help patients of all ages – accident and burn victims, heart surgery and organ transplant patients, those battling cancer and other life-threatening conditions. **Blood is the most precious gift that anyone can give to another person — the gift of life!**



NATIONAL BLOOD DONOR MONTH

Winter is already a difficult time of year to collect enough blood products to meet patient needs because of holiday schedules, bad weather, and seasonal flu illnesses. The COVID-19 pandemic has caused unprecedented challenges to the U.S. blood supply. Donor centers have experienced a dramatic reduction in donations due to the implementation of social distancing and the cancellation of blood drives.



To ensure the safety of both patients and donors, there are some requirements donors must meet. For eligibility info [click here](#).



According to the Surgeon General, if you are eligible, you can still go and give blood, social distancing does not mean social disengagement. The Red Cross has implemented strict Safety Protocols at Blood Drives or Donation Centers.



Eligible Individuals should postpone their donation for 14 days following a COVID-19 diagnosis or if you have had any symptoms of COVID-19.



Individuals who have fully recovered from COVID-19 are needed for donations. They have antibodies in their plasma that can attack the virus. Their plasma is being evaluated as treatment for patients.

NOT ELIGIBLE TO DONATE?

You Can Still Make a Difference



HOST A BLOOD DRIVE

<https://www.redcrossblood.org/hosting-a-blood-drive/learn-about-hosting/why-host-a-blood-drive.html>



START A VIRTUAL BLOOD DRIVE

<https://sleevesup.redcrossblood.org>



MAKE A DONATION

<https://www.redcross.org/donate/donation.whtml>



BECOME A VOLUNTEER

<https://www.redcross.org/volunteer/become-a-volunteer.html#step1>



BLOOD DONATION MYTH BUSTERS



HEALTH DETERIORATES AFTER DONATING BLOOD

Truth: If you are healthy prior to donation, your recovery is complete in a day or two.



YOU CAN'T DONATE IF YOU HAVE TATTOOS

Truth: If tattooed by a state regulated entity using sterile needles and no reused ink – you can.



YOU MUST BE 18 YEARS OLD TO DONATE BLOOD

Truth: Most states allow donation at age 16 with parental permission.



YOU CAN'T DONATE IF YOU TRAVELED RECENTLY

Truth: Not necessarily – call a Red Cross eligibility specialist at 866-236-3276.



VEGETARIANS DON'T HAVE ENOUGH IRON TO DONATE

Truth: Vegetarians can donate blood. The iron needed is taken from body stores.



YOU CAN'T DONATE IF ON ANTI-DEPRESSANTS OR DIABETES MEDICINE

Truth: If you're feeling well you can make a donation.