

Become a Blood Donor



**American
Red Cross**

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

Why Should You Donate Blood?

You don't need a special reason to give blood. You just need your own reason.

Some of us give blood because we were asked by a friend. Some of us give blood because we know a family member or a friend might need blood someday. Some of us give blood because we believe it is the right thing to do.

The need for blood is constant. Your contribution is very important to maintain a healthy and plentiful blood supply. When you donate through the Red Cross, you help save lives by giving of yourself in just about an hour. You may never meet the person who receives your blood, but you'll feel good knowing you helped change a life.

What are the Basic Eligibility Requirements?

If you are at least 17 years old*, weigh a minimum of 110 pounds and are in general good health and feeling well on the day of donation, you may be eligible to give blood. Eligible blood donors can give every two months.

**Minimum donor ages may vary by state. Some states may allow 16 year olds to donate with parental consent.*

Make an appointment today.
redcrossblood.org | 1-800-RED CROSS

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What Can You Expect?

Come Prepared. Make sure you've had a light meal and plenty to drink. Bring your photo ID and the names of medications you are taking.

Registration. Our staff and volunteers will sign you in and go over basic eligibility and donation information.

Brief health history. You will be asked to fill out a brief health history questionnaire so that we can better determine your eligibility to give on the day you come to donate. This process is private and confidential. We will check your temperature, pulse, blood pressure and measure the number of red blood cells present in a sample of blood.

Donation. The actual donation takes about 6-8 minutes, during which you will be seated comfortably. The process is safe and sterile. Red Cross staff and volunteers will be available if you have any questions or concerns.

Refreshments. After donating, we will provide you with free snacks and refreshments and a place to rest and relax for about 15 minutes.



Tracie, Strat and Karen
Proud American Red Cross Blood Donors