



It all starts with a Red Cross blood donor.



The journey all begins with someone becoming a *Red Cross Blood Donor*.



About *1 pint* of blood is collected from each donor.



All blood is tested to establish blood type and help ensure that it is as safe as possible.

Did you know...

Blood can be separated into as many as *3 components*, each with a special purpose.



Red Cells

- Donate whole blood every *56 days* or double red cells every *112 days*
- *42 day* shelf life

Platelets

- Donate up to *24 times* in a year
- *5 day* shelf life

Plasma

- *1 year* shelf life (frozen)



The Red Cross stands ready to supply blood products to patients in need *24 hours a day, 7 days a week, 365 days a year.*

Types of Donations

Whole blood donations are the most common, but there are other donation types that can help patients in need. The best type of donation depends on several items including blood type and physical characteristics.

Whole Blood	Trauma + Surgery
Double Red Cells	Trauma, Surgery + Blood Disorders
Platelets	Cancer Treatments + Transplants
Plasma	Burn Victims, Trauma + Bleeding Disorders

Visit redcrossblood.org or call **1-800-RED CROSS (1-800-733-2767)** today to schedule an appointment.