

# Donate **blood** now... *people can't live without it.*



## **The Facts**

- Only 2% of our local eligible population donates blood each year
- There is no substitute for human blood
- You cannot get an infectious disease by donating

## **The Numbers**

- **2 SECONDS:** How often someone needs blood
- **42 DAYS:** Shelf life of donated red blood cells
- **5 DAYS:** Shelf life of donated platelets
- **56 DAYS:** How often you can donate
- **17%** Number of non-donors who cite “never thought about it” as the main reason for not giving



## **The Donation**

- **4 EASY STEPS:** Registration, medical history, donation and snacks
- **10 MINUTES:** How long the actual donation will take
- **10 PINTS:** Amount of blood in the average adult body
- **1 PINT:** Amount of your donation



## **The Lives Saved**

- 1 in 3 people will need a blood product in their lifetime
- Surgical, trauma and cancer patients and those with blood disorders need blood
- If only 1% more of Americans donated, blood shortages would disappear



 **New York** Blood Center  
**1.800.933.2566**  
[www.nybloodcenter.org](http://www.nybloodcenter.org)

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