

January 2019

Student Health Advisory
Council for Littlefield ISD




Always consult your physician with any questions or concerns.


For comments, questions and concerns please email.
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Blood Donation FAQs

Why Should I Give Blood?



Every two seconds someone in the U.S. needs blood.



Only **37%** of the population is eligible to give blood.

Less than **10%** give annually.

One in four people will need a blood transfusion sometime in their lifetime.

**DID YOU KNOW THAT 1 PINT OF BLOOD CAN SAVE 3 LIVES?
BE SOMEONE'S SUPERHERO!**

JANUARY IS NATIONAL BLOOD DONOR MONTH

GIVE BLOOD

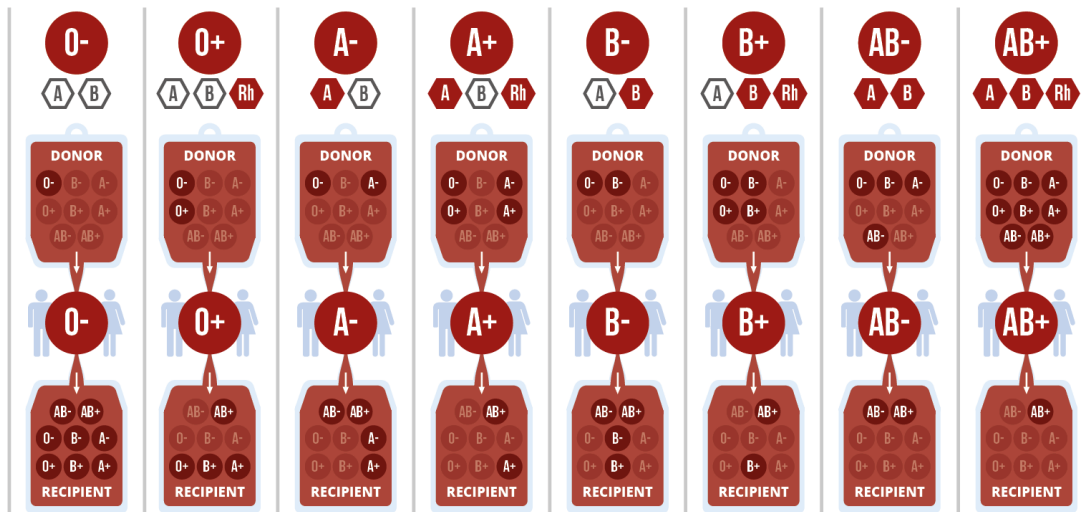
GIVE LIFE



NATIONAL
**Blood
Donor**
MONTH

**MAKE
LIFESAVING
A HABIT**

BLOOD TYPE COMPATIBILITIES



KEY
 ANTIGEN
 ANTIBODY

Blood types are determined by 'antigens', substances found on the surface of red blood cells. A, B, and Rh are possible antigens; they are genetically determined, and can appear alone or in combination. Antigens are destroyed by antibodies in blood plasma if they're not recognised by the body's immune system, which is why not all blood types are compatible.



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FAQ

Am I eligible to donate blood?

Nearly 40 percent of the U.S. population is eligible to donate blood, but less than 10 percent actually do.

Is donating blood safe?

Donating blood is safe! Sterile, disposable needles and supplies are used once and then properly disposed. You can not contract any infectious disease by donating blood.

How Old do I have to be to donate blood?

Volunteer blood donors must be at least 16 years old, weight at least 110 pounds and be in good health. Additional height and weight requirements apply to some donors age 22 and younger. Donors who are 16 or 17 must have assigned permission form from a parent or guardian.

How long does it take to donate whole blood?

It takes about an hour from completing the health history questionnaire, medical screening and post-donation refreshments and snacks. The donation itself only takes about 10 minutes.

How often can I donate whole blood?

Every 56 days

How is my blood donating used?

Vitalant provides blood to 1,000 hospitals across 40 states where it is used in a variety of medical treatments and life-saving situations.



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