

Be a Hero: Give Blood

Blood is traditionally in short supply during the winter months due to the holidays, travel schedules, inclement weather and illness. January, in particular, is a difficult month for blood centers to collect blood donations. A reduction in turnout can put our nation's blood inventory at a critical low.

January has been designated as National Blood Donor Month to encourage donors to give or pledge to give blood.

All blood types are needed, however two types are frequently requested and in short supply:

- **Type O-negative blood (red cells) can be transfused to patients of all blood types.**
- **Type AB-positive plasma can be transfused to patients of all other blood types.**

Every day in our country, more than 41,000 units of blood are required in hospitals and emergency treatment facilities for patients with cancer and other diseases, for organ transplant recipients and to help save the lives of accident victims.

If you are at least 17 years of age (some states permit younger people to donate with parental consent), weigh at least 110 pounds and meet other donor requirements, you may be eligible to donate blood. To learn more about donating blood or to find a donation site near you, please visit www.redcross.org/.

