

Did you know it takes 48 hours to test every blood donation? So if it was your friend or loved one who needed a lifesaving transfusion, the blood must already be on the shelf for the immediate need.

Blood donation is a generous and anonymous gift that helps to save countless lives. Please become a "Blood Donor of Distinction" with the Community Blood Council of New Jersey.



**TOGETHER, YOU WILL
MAKE A DIFFERENCE.**

**TOGETHER, YOU WILL
ENSURE THAT BLOOD IS
THERE WHEN NEEDED.**

**TOGETHER, YOU WILL
SAVE LIVES.**



Who Can Give Blood?

Most healthy people who weigh at least 120 pounds and who are between 17–75 years of age are eligible to give blood (16 year olds with parent or legal guardians written consent). Federal regulations require whole blood donors to wait at least 56 days between whole blood donations, and 112 days between double red cell donations. **Please remember that identification is required for all donors.**

Before Giving Blood...

Drink plenty of fluids and eat healthy meals. Between donations, give your body plenty of iron. Foods rich in iron include red meat, fish, poultry, broccoli, beans, raisins and prunes. For more information, go to our website at www.givebloodnj.org

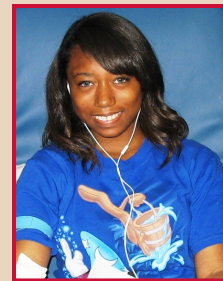
Where Can I Donate?

Please call us at 1-800-2-GIVE-NJ or visit us at WWW.GIVEBLOODNJ.ORG for more information or to make a donation appointment.



Serving the communities where we live.

DONORS OF DISTINCTION



**BECOME A BLOOD DONOR
AND JOIN A
COMMUNITY FOR LIFE**

Toll Free: (866) 244-8365

WWW.GIVEBLOODNJ.ORG

BLOOD TYPES

Blood Type	You can donate to	You can get blood from
A+	A+ AB+	A+ A- 0+ 0-
A-	A+ A- AB+ AB-	A- 0-
AB+	AB+	All Types
AB-	AB+ AB-	AB- A- B- 0-
B+	B+ AB+	B+ B- 0+ 0-
B-	B+ AB+	B+ B- 0+ 0-
0+	0+ A+ B+ AB+	0+ 0-
0-	All Types	0-

SPECIALTY TYPES

Although all blood types are important, there is a strong demand for O and type B blood. O negative is what is known as the “Universal Donor” and is usually in short supply. This means that in an emergency, anyone can receive this type of blood. It has been noted that African and Latino Americans have more type O and B than other populations.

DISTINCTIVE DONORS

As an ethnic donor, you may have the unique ability to help patients with special needs. Many African Americans, for example, have rare blood types, which are distinctive to their community. Because of this, an African American patient with sickle cell anemia is less likely to have a transfusion reaction to blood donated from another African American. It is vital that our blood supply reflect the diversity of our population to best meet the needs of all. Whether African American, Native American, Latino American or the myriad of other ethnicities that make up the rich mosaic of our country, your donation is crucial for saving lives.



Did You Know These Facts?

Fact: Sickle cell patients should receive transfusions that are optimally matched to their own blood, or else they are at an increased risk for further complications. In the United States, one in 12 African Americans has the sickle cell trait, and one in 400 African American newborns has sickle cell disease. Patients with the disease may need 15 to 25 blood transfusions each year.

Fact: You must be at least 17 years old and weigh at least 120 pounds. (16 year olds can donate with parent or guardian permission) and you must be in good health.

Fact: Every three seconds someone needs blood.

Fact: 4.5 million Americans would die each year without life saving blood transfusions.

Fact: Blood Centers often run short of type O and AB blood.

Fact: One out of every 10 people entering a hospital needs blood.



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