

## Did you know?

Every 2 seconds, someone in the United States needs blood or platelets.

Blood and platelets cannot be manufactured; they can only come from volunteer donors.

Approximately 29,000 units of red blood cells are needed every day in the U.S.

Nearly 5,000 units of platelets and 6,500 units of plasma are needed daily in the U.S.

The blood type most often requested by hospitals is type O.

One donation can help save more than one life!

# Give blood, be a hero!

Information from American Red Cross  
[redcrossblood.org](http://redcrossblood.org)



Dear Friend,

Most of us will face a time in our lives when we or a loved one will need blood, but according to the American Red

Cross, only a fraction of eligible blood donors choose to donate. The need for blood donation is constant, and it's one of the few ways to directly save another person's life.

This brochure offers a general overview of the donation process, and answers some common questions about becoming a blood donor.

Please contact my office if I can further help you with this or any other community issue.

Sincerely,

Carl E. Heastie  
Speaker of the Assembly

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Updated 1/26

# + Donate blood and save lives. +



Information courtesy of  
**Speaker of the Assembly**  
**Carl E. Heastie**

# Blood Donation **Q&A**

## What happens during a donation?

Giving blood typically takes about an hour and 15 minutes from arrival to finish. Although walk-ins may be accepted, contacting your local blood donation organization to make an appointment is best.

**Step 1** You'll be asked to provide proof of identification. Bring a list of prescription and over-the-counter medications that may be in your system.

**Step 2** You'll be given a confidential health screening, which includes a brief exam in which your pulse, temperature and blood pressure are recorded. You will also be asked some questions about your health, lifestyle and disease risk factors.

**Step 3** You'll sit or lie down for the donation procedure, and a trained professional will clean your arm and insert a sterile needle into a vein. It will take about 8-10 minutes to collect a unit of blood (about a pint) for a standard donation. Donors who choose to donate a single blood component like platelets or plasma will take slightly longer.

**Step 4** After the needle is removed and a bandage is applied, you'll be asked to stay, relax and have some refreshments before returning to your previous activities.

## Who is eligible to donate?

You must be 17 or older, generally healthy and weigh at least 110 pounds to give blood. New York State also allows 16-year-olds to donate with written permission from their parent or guardian.

Generally healthy means that you feel well and can perform everyday activities. It also means you are managing any chronic condition you may have, like diabetes or high blood pressure, and the condition is under control.

Donors who are 76 and older can continue to donate blood if they meet all eligibility criteria and present a physician's letter allowing them to donate.

## How is blood used?

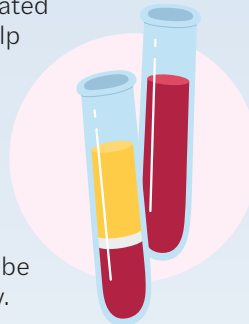
Blood donations can be used in many ways. Your single donation may be transfused in whole form into a single patient, or separated into blood components to help treat multiple people:

- Plasma: for immunity
- Platelets: for clotting
- Red cells: to carry oxygen from lungs to tissues

You can also donate blood to be used during your own surgery.

## Is it safe to give blood?

Yes! Giving blood is simple and safe. You can't contract HIV or any other infectious disease from the donation procedure. A new, sterile, disposable needle is used for every donor. You'll also get a basic health screening at your appointment to determine if you are healthy enough to donate that day.



## Where can I give?

Blood drives are held throughout the year at schools, churches, synagogues, military bases, businesses and other organizations in your community. There are also donation centers that collect blood regularly.

The following organizations can help you find a donation location near you:

**American Red Cross**  
800-RED CROSS (733-2767)  
[redcrossblood.org](http://redcrossblood.org)

**ConnectLife Blood & Organ Donor Network** (Western NY)  
716-529-4300  
[connectlife.org](http://connectlife.org)

**New York Blood Center** (Downstate)  
800-933-BLOOD (2566)  
[nybc.org](http://nybc.org)



This brochure offers a general overview of information to help you better understand the topic. There may be new or changed legislation since this brochure's publication date. It is not a substitute for the text of the law or legal advice.