



# BLOOD DONOR

## AWARENESS MONTH

• JANUARY •

Every two seconds, someone in the U.S. needs blood. Accident victims, cancer patients, and those undergoing surgery all rely on generous donors. This January, during National Blood Donor Month, EMR is raising awareness about the urgent need for blood donations, especially as supplies drop in winter.

### Why Donate Blood?

Giving blood is an easy way to make a big difference. In less than an hour, your donation can help trauma victims, surgical patients, cancer patients, and others in need. Blood donations are especially important during winter months, when supplies often run low. Your single donation can help save multiple lives.

- **Red Blood Cells:** Treat blood loss from injury or surgery
- **Plasma:** Supports patients with clotting problems
- **Platelets:** Needed for cancer treatments and organ transplants
- **Cryoprecipitate:** Provides key clotting factors

### Who Can Donate?

Most healthy adults can donate blood. You may be eligible if you:

- Are at least 16 years old (in most states)
- Weigh at least 110 pounds
- Are feeling well and healthy
- Have not donated in the past 56 days

Donating blood is easy, safe, and truly lifesaving. Join the movement this January and help ensure a stable blood supply for those who need it most. Learn more or find a donation center [HERE](#).

### Special Donation Types

#### Power Red Donation:

Power Red is similar to a whole blood donation, except a special machine is used to allow you to safely donate two units of red blood cells during one donation while returning your plasma and platelets to you. The ideal blood types for Power Red donations are O positive, O negative, B negative, and A negative. These red blood cells carry oxygen throughout the body and are often used for trauma and surgery patients.

#### AB Elite Plasma Donation:

For AB Elite plasma donations, eligible donors are AB positive and AB negative. Plasma from these donors helps patients stop bleeding and is especially valuable in emergency situations.

### What to Expect When You Donate

The process is simple and safe. When you arrive, you will register by showing your ID and answering a few questions. Next, a quick health screening checks your temperature, pulse, blood pressure, and hemoglobin. The actual blood draw takes about 8–10 minutes. Afterward, you'll relax for 10–15 minutes with a snack and drink before heading out.

### Sources

- <https://healthylearn.com/connerstrong/hn2/be-ready-to-donate-blood.html>
- <https://www.redcross.org/give-blood.html>
- <https://www.aabb.org/for-donors-patients/give-blood>