

# TOP 10

reasons

Give to  
Blood



**American Red Cross**

**You will get juice and cookies.**

**It's easy and convenient.** It only takes about an hour to give whole blood, and you can make your donation at an American Red Cross blood donation center or one of many blood drives held at businesses, community centers, schools or places of worship.

**You will weigh less.** One pint less than when you came in!

**It's something you can spare.** Most people have blood to spare, yet there is still not enough to go around.

**No one can ask you to do heavy lifting.** As long as you wear your bandage, you're on reprieve. Wear it as long as you like. It's a badge of honor!

**You will walk a little taller afterward.** Most people feel good about themselves knowing they've just helped save someone's life. You will too!

**You will be helping to ensure that blood is there when it's needed.** Most people don't think they'll ever need blood, but many do. One whole blood donation can yield up to three blood products: red cells, platelets and plasma.

**You will give a gift that costs nothing, but last a lifetime.** Blood is something money can't buy. It's only something that one person can give to another.

**You will be someone's hero.** You may give a newborn, a child, a mother or father, a brother or a sister another chance at life. In fact, you can help save up to three lives with just one donation!

**It's the right thing to do!**



redcrossblood.org | 1-800-RED CROSS | 1-800-733-2767 |  facebook.com/redcrossblood

Individuals who are 17 years of age (16 with parental permission in some states), meet weight and height requirements (110 pounds or more, depending on their height) and are in generally good health may be eligible to give blood. Please bring your Red Cross blood donor card or other form of positive ID when you come to donate. STAN.Info015 | v2 2010/01\_v3 2011/01\_v3 2012/01 © 2013 The American National Red Cross | 02/11AP0124