

TOP 10 REASONS PEOPLE DON'T GIVE BLOOD...**BUT, WHY YOU SHOULD!**

1. NO ONE EVER ASKED ME.

Consider Yourself Asked!

There is no substitute for volunteer blood donors. Blood cannot be manufactured and it lasts a short time (42 days).

2. I HATE NEEDLES.

No one likes needles.

Yes, the needle is larger. This is to make the donation safe for you. Many describe feeling a small, quick pinch and then nothing at all.

3. I DON'T HAVE ENOUGH TO SPARE.

Yes, you do.

The average adult has between 8-10 pints of blood. **Our bodies replace the fluid volume within 24 hours.** With only 2% of the New York community giving blood as compared to 5% of the nation - we need regular and frequent blood donors.

4. I CAN'T BECAUSE I TAKE MEDICATION.

Most medication is fine. Donors can be pre-screened by calling 1-800-688-0900.

Donors should ask before presuming that their medications prevent them from donating.

5. I CAN'T BECAUSE I'M ANEMIC.

Your iron level changes daily.

We must check your iron level prior to your donation. Studies show that iron levels change daily. You might be surprised to find that you are fine to donate - or if you are not allowed to because of a low reading - donors can try again just a few days later.

6. I'LL FEEL WEAK.

You CAN return to work after.

You will feel good after donating if you eat well and have plenty of fluids prior to and after your donation. You should be able to donate blood and get-up and go on to normal activities.

7. I'LL DONATE BLOOD FOR A FAMILY MEMBER OR FRIEND.

What if there isn't time? What if you are not the same blood type? What if your family member or friend needs a lot of blood?

Someone needs your blood today - and there are no guarantees that even within the same family that you will be a matching blood type.

8. I ALREADY GAVE BLOOD THIS YEAR.

Thank you. You can donate 5-6 times each year...every 56 days.

We would have no blood shortages if our donors donated at least twice each year.

9. I'M AFRAID.

Bring a friend and donate together. It is really easier than you think.

10. I'M TOO OLD/TOO YOUNG.

Those between 17 and 75 years old can donate.

16-year olds may donate if a parent consent form (provided by NYBC) is completed. If you are over 76 years old, you can donate with your doctor's permission.