



DONATION



ARM → ARM

#FOLLOWTHEBLOOD

Blood Facts

- Every 2 seconds someone in the U.S. needs blood.
- One donation can potentially save up to 3 lives.

DONATION

Blood donors are greatly needed and are the heart of the military blood program. Less than 38% of the U.S. population is eligible to give blood and only 3% of this population donate on a regular basis. We need a constant flow of donations, and of all types, year-round all to support the warfighter and their families. Our number one goal is to provide a safe and potent blood supply to our military community and beyond. Here are some facts and important information about donation:

To donate, you must:

- Be at least 17 (may vary by state, check) and have ID.
- Weigh at least 116 pounds.
- Be well hydrated/have eaten something prior.
- Have been feeling well 3 days prior (such as no cold/flu).
- Cannot be pregnant or have been in the last 6 weeks.
- No major dental work in prior three days/cleaning or fillings for 24 hours.

Find a drive near you:
militarydonor.com

Type of donation	Frequency
Whole Blood	Every 56 days
Platelet* apheresis	Every 3 days/up to 24 times a year
Plasma* apheresis	up to every 28 days, 13 times a year

***What is Apheresis?** Apheresis the process removing specific components of blood, such as platelets, plasma, or red blood cells, and returning the remaining components to the donor.

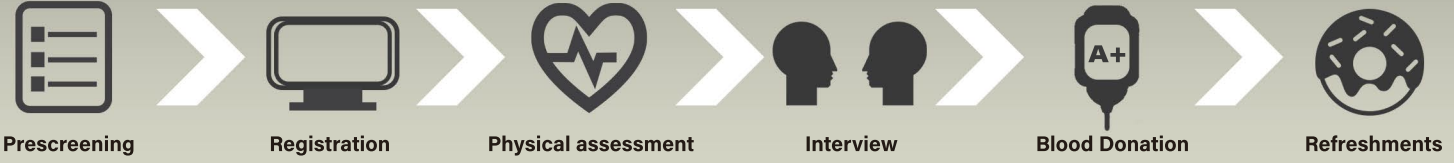


Before going to donate, it's always good to understand your medical and travel history:

- Have medical history ready (know your medications taken and immunizations received).
- Extended stay/travel to certain countries (malaria-endemic areas, certain parts of Europe) may result in temporary or indefinite deferral.
- Certain body piercing/tattoo restrictions may apply as well.

For a full list of deferrals, consult your local ASBP blood donor center or go to <https://www.militaryblood.dod.mil>.

DONATION PROCESS



DID YOU KNOW?

We can only collect blood at federally owned or leased properties. (DoDI 6480.04)

interact with us directly, follow
@militaryblood on



For more information
Visit us at www.militaryblood.dod.mil

