Blood Donation Brochure

Georgia Health Policy Center

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Engage your **community** to increase **African-American blood donations** one family at a time!

*If you have a loved one affected by **sickle cell disease** or **thalassemia**, you’ve probably been asked —*

> “How can I help?”

Tell your family, friends, and co-workers they can . . .

*Donate Blood*

It’s safe. It’s easy. It makes a difference!

**DONATING** blood saves lives!

**YOU** can make a difference!

Encourage your family and friends to donate blood today.
African-American Blood Donations Are Important

Blood is blood, right? **No.**

Blood from an African-American donor to an African-American recipient is more likely to match. This can mean fewer health problems for the recipient.

African-Americans can help people suffering from serious diseases, like **sickle cell** and **thalassemia**, by donating blood.

**Less than 1%** of all blood donations come from African-Americans.

Here’s What You Can Do!

**Give** blood.

**Encourage** others to donate by sharing your story.

**Organize** a blood drive. Make an announcement at neighborhood functions, church gatherings, work, or fraternity/sorority meetings.

Did you know a person is **more likely** to donate blood if you simply ask?

**Make a difference.** Encourage others to donate today!

Learn More About Sickle Cell and Giving Blood

American Red Cross (404) 876-3302  redcross.org/give-blood

LifeSouth Community Blood Centers (888) 795-2707  lifesouth.org

Sickle Cell Foundation of Georgia (404) 755-1641  sicklecellga.org

Centers for Disease Control and Prevention  cdc.gov/ncbddd/sicklecell

Who Can Donate

To donate, you must be at least **16** years old, weigh at least **110** pounds, and be, generally, in good health.

Most people with diabetes or high blood pressure can donate blood.

If you couldn’t donate blood in the past because of low iron, you can **try again**! Try eating nutritious food and drink plenty of fluids before donating.

Giving Blood is Easy

Giving blood takes about an hour. You can expect to register; provide a confidential health history and have a mini-health exam; give blood; and eat a free snack.

There is no risk of catching a disease from donating blood.