

# Since 1955

CBC has been supporting hospitals and patients with blood and blood products since 1955. All blood collected is processed in our state-of-the-art laboratory, where it's tested, prepped for use and then transported to patients in need. Together with volunteer blood donors and community partners, we ensure a safe and reliable blood supply is available in times of need.

**39%** OF THE POPULATION  
**ARE O+**  
AND CAN GIVE BLOOD TO PEOPLE WITH  
**O+, A+, B+ AND AB+**  
**BLOOD TYPES.**

Learn more about your blood type,  
who you can receive blood from and  
who your blood can be given to, at  
[communityblood.org/mytype](https://communityblood.org/mytype).

## Schedule your blood donation today!

[communityblood.org](https://communityblood.org) | (800) 280-4102  
[cbc@communityblood.org](mailto:cbc@communityblood.org)

MKT-DRD-02-20



THE COMMUNITY  
BLOOD CENTER  
connecting lives | sharing life

# DONATE TODAY. YOU'LL SAVE LIVES TOMORROW.



**Quintin**

received blood and platelets

## Why Donate?

In about an hour, you can provide the lifesaving gift of blood to patients in need.

There is no substitute for human blood, so when a patient is facing cancer treatment, surgical procedures or the uncertainty of a traumatic injury, volunteer donors help ensure the blood needed is available.

- **Every 2 seconds someone in the U.S. needs blood**

- **About an hour is all it takes to help save lives**

- **42 days is the shelf life of red blood cells**

- **35,000 blood donations are needed every day**

## Eligibility

- Be 17-years-old (16 with parental or guardian consent)
- Weigh at least 110lbs
- Be in good general health
- Undergo a brief health screening
- Donors ages 16, 17 and 18 must meet additional height and weight requirements.

Visit [communityblood.org](https://communityblood.org) for details.

## Easy as 1-2-3 (4)

1. Registration: review and complete paperwork
2. Screening: brief health screening to review your health and travel history
3. Donation: the actual blood donation only takes about 15 minutes
4. Snacks: relax and enjoy refreshments before you go on with your day

## Preparing for your donation

**What to bring:**



Photo ID



List of medications



International travel history

**Preparing to donate:**



Stay hydrated



Eat iron-rich foods



Sleep well



Wear comfy clothes