Donate **blood now**... 
**people can’t live without it.**

The Facts
- Only 2% of our local eligible population donates blood each year
- There is no substitute for human blood
- You cannot get an infectious disease by donating

The Numbers
- **2 SECONDS:** How often someone needs blood
- **42 DAYS:** Shelf life of donated red blood cells
- **5 DAYS:** Shelf life of donated platelets
- **56 DAYS:** How often you can donate
- **17%** Number of non-donors who cite “never thought about it” as the main reason for not giving

The Donation
- **4 EASY STEPS:** Registration, medical history, donation and snacks
- **10 MINUTES:** How long the actual donation will take
- **10 PINTS:** Amount of blood in the average adult body
- **1 PINT:** Amount of your donation

The Lives Saved
- 1 in 3 people will need a blood product in their lifetime
- Surgical, trauma and cancer patients and those with blood disorders need blood
- If only 1% more of Americans donated, blood shortages would disappear

**New York Blood Center**
1.800.933.2566
www.nybloodcenter.org