



Blood donation

Giving blood is very safe.

Every 2 seconds,
someone in the
U.S. needs blood.
Approximately
29,000 blood
donations are
needed every day.



To donate blood, you must be at least 17 years old, weigh more than 110 pounds and be in good health. Find out about other guidelines for donating blood from redcross.org.

Giving blood is very safe. Sterile procedures are followed. When you donate blood, you cannot get HIV, the virus that causes AIDS.

If you are going to have surgery and may need blood, you can give your own blood ahead of time. This is called autologous blood transfusion.