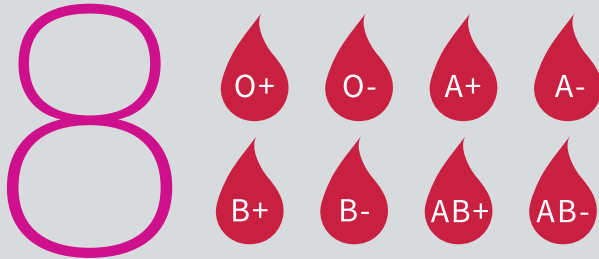


BREAKING DOWN BLOOD

We're addressing what blood is made of, what positive and negative mean, how you can find out your blood type, and other important questions.

HOW MANY BLOOD TYPES ARE THERE?



WHAT'S THE BEST BLOOD TYPE? ...trick question

ALL blood types are important to the blood supply. But, there are a few important things to know...

O- O- is the universal type for red blood cells, meaning anyone can receive O- blood. This blood type is critical for trauma when a victim's blood type is not known.

AB Is the rarest blood type - typically occurring in only 4% of people. However, AB+ and AB- are the universal blood types for plasma.

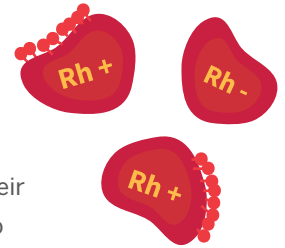
A+ Is the 2nd most common blood type. A- donors are encouraged to give double reds, while A+ donors may be encouraged to donate platelets or red blood cells.

WHAT'S THE DEAL WITH - AND + BLOOD TYPES?

Positive (+) and Negative (-) blood types are determined by the

Rhesus Factor [Rh Factor for short]

Those who have this antigen on their red blood cells are Rh+. Those who do not are Rh-.



WHAT IS BLOOD MADE OF?

Platelets



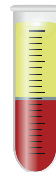
Cancer patients could require one unit of platelets each day during chemotherapy. **Platelets can be donated every 2 weeks.**

Red Blood Cells and Whole Blood



A trauma patient could use up to 100 units of red blood cells. **Whole blood cells can be donated every 8 weeks. In comparison to double red cells every 16 weeks.**

Plasma



A patient with hemophilia could use 1200 units of plasma in their lifetime. **Plasma can be donated every 4 weeks.**

Here is the best donation for your blood type:

- O+** | Red blood cells, whole blood, platelets
- O-** | Red blood cells, whole blood
- A+** | Plasma, platelets, whole blood
- A-** | Red blood cells, whole blood, platelets
- B+** | Platelets, plasma, whole blood
- B-** | Red blood cells, whole blood, platelets
- AB+** | Platelets, plasma
- AB-** | Platelets, plasma

HOW often can you donate blood?

Platelets **EVERY 2 WEEKS**

Plasma **EVERY 4 WEEKS**

Whole Blood **EVERY 8 WEEKS**

Double Reds **EVERY 16 WEEKS**

WHO can you donate to?

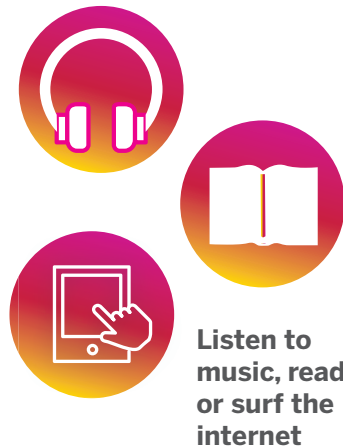
Tips for a Successful Blood Donation

It's normal to be a little nervous if you haven't donated before. Here are some tips to make your experience a positive one.

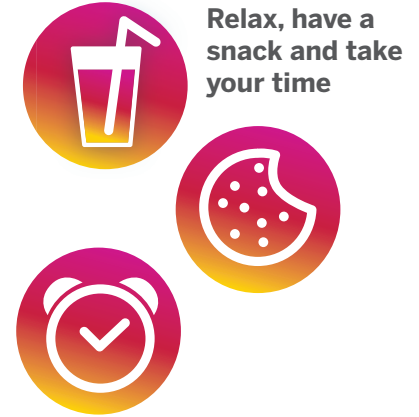
Before



During



After



When You Donate:

- Plan for the donation to take about an hour
- Bring photo ID with listed date of birth (e.g. driver's license or state ID)
- Know the name and dosage of any medications you take
- Know the dates of any out-of-country travel in past 3 years

VersiPASS - Make the donation process even easier by completing our online system, VersiPASS, earlier in the day of your donation. You'll need to 1) review education materials, 2) complete online questions and 3) bring printed or mobile confirmation to your appointment. (Check versiti.org/versipass for availability.)

For more information visit versiti.org/blood-donation-faq

Double Your Impact:

- Allows donors to make twice the difference by giving two units of red cells
- Better meets patient needs by maximizing each donation

More comfortable for the donor:

- Saline and plasma replacement
- Single-arm procedure with a smaller needle
- Fewer negative donor reactions

Convenient for the donor:

- Fewer trips to the donor center or blood drive
- Fewer phone calls

What are the eligibility requirements?

In addition to meeting other blood donor qualifications, donors must meet minimum height and weight requirements:

	FEMALE	MALE
Minimum Height	5'5"	5'1"
Minimum Weight	150 lbs	130 lbs

Eligible donors who give double red cells exclusively can donate them every 112 days (or 16 weeks), up to three times per year. Your eligibility to give double red cells may differ if you also give other types of blood donations, such as whole blood.