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SAVE UP TO THREE LIVES – DONATE BLOOD DURING NATIONAL BLOOD DONOR MONTH



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Tallahassee, Fla. - January is National Blood Donor and Florida Health encourages all residents and visitors to resolve to donate blood this month and throughout the year. As we accomplish our New Year's resolutions, it is important to consider the lifesaving contribution of donating blood.

"Every two seconds, someone in the United States needs a blood transfusion," said State Surgeon General and Secretary of Health Dr. John Armstrong. "Giving blood saves the lives of Florida's residents and visitors, especially after serious injury and as part of emergency treatment."

Individuals that are 17 years of age, weigh at least 110 pounds and are in good health may be eligible to donate. One pint of blood can save three lives and takes less than an hour to donate.

The four-step donation process is easy to navigate for first time donors:

- Registration – Staff and volunteers greet donors to go over eligibility and donation information. A government issued I.D. or other form of photo identification is needed;
- Medical History / Mini-Physical – Technicians check donor's temperature, pulse, blood pressure and hemoglobin level present in a sample of blood. The donor will also answer travel and health history questions in a private setting;
- Blood Donation – The total donation time takes approximately 8-10 minutes and is in a sterile and comfortable environment; and
- Refreshments – After donating, you should receive a snack or beverage to help raise your blood sugar to normal levels.

The American Red Cross also provides [tips](#) for before, during and after donation for an overall successful experience. Blood donation helps you to positively impact your community and save lives. For more information on donating blood visit www.redcrossblood.org.

About the Florida Department of Health

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