

BLOOD DONATION BASICS

Who can
DONATE

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You can become a donor as early as age 16 and can continue donating throughout your life.



To schedule your donation, call 1(888) 482-5663 or visit giveblood.org

DONATION TYPE	MINIMUM AGE	MINIMUM WEIGHT
Whole Blood	16	122
	19	110
Automated*	17	122
	19	110

**Additional qualifications apply. Your screener will help determine what donation you may give.*

WHOLE BLOOD DONATION

For a whole blood donation, about one pint of blood is collected and separated into its three components: plasma, platelets and red blood cells. The value of a whole blood donation is that you help save three lives!

AUTOMATED DONATION

Automated donations allow a donor to give one or more specific components in a single donation based on their blood type and patient needs. The process is simple: blood is drawn and separated. Only the components being donated are collected, while the remaining components are safely returned to the donor. Plus, you receive 500 milliliters of saline to help you rehydrate.