

# WHO YOU CAN RECRUIT

*Most donors  
can give*  
**EVERY 56  
DAYS**

*Who can*  
**DONATE**

*Only 3% of  
eligible donors*  
**WILL GIVE**

Donating blood is an important civic responsibility, and young donors are often making their first blood donation.

AGE	MINIMUM WEIGHT
16*	120
17+	110

\*16 year-olds will need a consent form and cannot make automated donations. 17+ can make an automated donation.

## WHOLE BLOOD DONATION

For a whole blood donation, about one pint of blood is donated 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.

