

# Share the Love

Awareness & Education to help save and heal more lives through donation.



## Love is generosity and compassion

We can take small steps everyday to make someone else's quality of life is better. There are many ways to give, including organ, eye, tissue, blood, platelets, and marrow.

If you become an organ donor, upon death all eligible organs will be donated. By registering to become an organ, eye and tissue donor, you could help more than **75 people** — and that's not counting the lives that those 75 people touch. If you're interested you can register **HERE** to become a donor, it will take less than a minute.

If organ donation isn't your thing, volunteering to donate blood is a quick and surprisingly powerful way to help save lives. Public health programs are in place to ensure that the national blood supply is safe and plentiful. However, of the 38% of people eligible to donate, less than 10% actually do. One donation can save up to **3 lives**. The entire blood giving process takes 10 to 12 minutes.

## 8 Things to Know about Giving Blood

1. One donation can save up to three lives.
2. The average adult has 10 pints of blood. Roughly 1 pint is given during a donation.
3. A single car accident can require as many as 100 pints of blood.
4. Only 9% of people in the U.S. have the universal blood type O-negative, which is needed in emergencies when responders must act before a patients' blood can be typed.
5. Donors can give whole blood, or opt to use a process called apheresis to donate specific blood components such as red cells, plasma, or platelets.
6. Donated platelets must be used within 5 days of collection, so new donations are constantly needed.
7. The body will replenish the elements given during a blood donation in times ranging from a few hours to a couple of weeks.
8. All donated blood is tested for HIV, hepatitis B & C



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