



BLOOD DONATION FACTS

- 1: I'M NOT ELIGIBLE.** Like a seasonal special, blood donation requirements change over time. Call or check the website ahead of time to see what's currently on the menu! And if you can't give blood for local patients, you can probably donate for research.
- 2: THERE ARE ALREADY ENOUGH DONORS.** A line outside your favorite brunch spot: bad. A good meal with good company once you're seated: worth the wait. There's room for all of us at the table.
- 3: ISN'T THERE A SUBSTITUTE FOR BLOOD?** You can swap almond extract for vanilla or oil for butter, but there's no substitute for donated blood.
- 4: I HEAR IT HURTS.** Donating blood feels like the perfect amount of sea salt on caramel: just a pinch.
- 5: I DON'T EAT MEAT.** Popeye knows: there are many delicious plant-based ways to get the iron you need to stay strong.
- 6: I DON'T HAVE TIME.** Donating blood takes just an hour, from registration to juice and cookies. In the time it takes to caramelize onions, you could save a life!
- 7: I JUST GOT MY COVID SHOT.** There's no wait to donate after receiving your COVID shot or booster. Thank you for protecting yourself and your community; you're helping all of us get back to the activities that make life sweet.
- 8: I HAVE COVID.** Take care of yourself! We'll see you 14 days after your symptoms clear up. Anyone have a good chicken soup recipe?
- 9: THERE ISN'T REALLY A NEED.** You'll need a palate cleanser after this: one out of four people in the US will need a blood transfusion at some point in our lives. Pass the sorbet.
- 10: I CAN ONLY DONATE ONCE A YEAR.** Tables at fine establishments fill up months in advance, but you can give blood every 56 days – and some donation types more frequently. Reservations required.
- 11: YOU DON'T NEED MY BLOOD TYPE.** Sweet, sour, salty, savory, spicy. A, B, O, AB – it takes all flavors.

Raise your arm and raise a toast.
Blood is a key ingredient in the recipe of life!
