

Blood Donation Facts



FLORIDA GEORGIA BLOOD ALLIANCE

Saving Lives Through Blood Donation



RED CELLS

What Does it all DO?

(Each Component has a Function)

...transport oxygen to body cells and remove carbon dioxide; contain iron in the hemoglobin.



WHITE CELLS
(Leukocytes)

...are the protective cells in the bloodstream; attack bacteria by squeezing through capillary walls to reach the area of infection.



PLATELETS

...are colorless cells whose main function is to control bleeding.



PLASMA

...is 92% water, 7% protein, 1% minerals, and is the source of gamma globulin, albumin, and clotting factors.



FACTOR VIII-RICH CRYOPRECIPITATE

...contains the clotting factor; used to control bleeding in hemophiliacs.

Your Donation Makes a Difference!

Because blood is perishable, the need for donations remains constant, and patients in our community require donated blood 24 hours a day, 365 days a year. Every four seconds, someone in the United States requires a blood transfusion, and nearly 40 percent of the blood supply is used for such emergencies. The rest is for scheduled surgeries and therapy.

FGBA's volunteer blood donors help save, extend, or improve more than 100 lives each day. Becoming a blood donor is one of the easiest ways to volunteer.

When you give blood, you give life.

WHAT TYPE ARE YOU?

Your Blood Type	% of Population You Represent	Who Can Receive Your Blood
O+	37.4	O+, A+, B+, AB+
O-	6.6	All Blood Types
A+	35.8	A+, AB+
A-	6.3	A+, A-, AB+, AB-
B+	8.5	B+, AB+
B-	1.5	B+, B-, AB+, AB-
AB+	3.4	AB+
AB-	0.6	AB+, AB-

Please ask us about other donation opportunities in addition to whole blood. Your specific blood type may make you a very special platelet, plasma, or double red cell donor.

DONATING BLOOD... IS SAFE:

IS EASY:

The process generally takes about an hour, and the actual donation about 10 minutes. You can donate blood every 56 days. Your body naturally replaces the lost fluid in six to eight hours, and replaces the red blood cells within four to six weeks.

You May Be Eligible to Donate if You:

- *Are in good general health
- * Weigh at least 110 pounds
- * Are at least 17 (must have written parental/guardian consent on school grounds.)
- *Have not had a tattoo or traveled to a malarial area in the last 12 months
- *Can pass a health and lifestyle screening

HIV, AIDS, or any other disease can not be contracted through the donation of blood. Florida Georgia Blood Alliance uses sterile, disposable needles and supplies, which are used only once and then safely discarded.

To ensure a safe blood supply, FGBA tests every single unit of blood. Currently, 14 federally licensed and regulated tests are performed on each unit, including the most advanced HIV and Hepatitis tests available. The blood supply is safer today than it has ever been. This important fact allows our patients to place their trust in our community blood supply.

* Be sure to eat a healthy, low fat meal within four hours of your donation, and drink plenty of fluids before and after.

OTHER WAYS TO GIVE:

In addition to becoming a blood donor, consider joining the FGBA Ambassador Program, becoming an FGBA volunteer, or coordinating a blood drive.

WHO CAN RECEIVE YOUR BLOOD?

A common misconception is that only certain blood types are needed. Actually, every donor and every blood type are important, and often the most common blood types are the most frequently transfused. FGBA supplies blood to 38 hospitals and medical facilities in our community and they need ALL types. No matter what blood type you are, your donation is needed and will make a difference.

You can donate blood at any of our Community Donor Centers listed below. For more information, or to make an appointment, call (904) 353-8263 or (888) 447-1479.

South Jacksonville
8013 Beach Blvd.

West Jacksonville
4912 Blanding Blvd.

Mandarin
10501 San Jose Blvd.

Beaches
1927 North 3rd St.
Jacksonville Beach

Camden/Charlton
6586 Hwy 40 East, Suite A21
St. Marys, GA
(912) 576-6855

Clay County
2153 Kingsley Ave.
Orange Park



Visit our website at www.igiveblood.com