

Become a Blood Donor



American Red Cross

The need is constant.
The gratification is instant.
Give blood.™

Why Should You Donate Blood?

You don't need a special reason to give blood. You just need your own reason.

Some of us give blood because we were asked by a friend. Some of us give blood because we know a family member or a friend might need blood someday. Some of us give blood because we believe it is the right thing to do.

The need for blood is constant. Your contribution is very important to maintain a healthy and plentiful blood supply. When you donate through the Red Cross, you help save lives by giving of yourself in just about an hour. You may never meet the person who receives your blood, but you'll feel good knowing you helped change a life.

What are the Basic Eligibility Requirements?

Individuals who are at least 17 years of age (16 with parental permission in some states), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and donors 18 years of age and younger also have to meet certain height and weight requirements. Eligible blood donors can give every two months. Please bring in a positive form of ID when you come in to donate.

Make an appointment today.
redcrossblood.org | 1-800-RED CROSS

What Can You Expect?

Come Prepared. Make sure you've had a light meal and plenty to drink. Bring your photo ID and the names of medications you are taking.

Registration. Our staff and volunteers will sign you in and go over basic eligibility and donation information.

Brief health history. You will be asked to fill out a brief health history questionnaire so that we can better determine your eligibility to give on the day you come to donate. This process is private and confidential. We will check your temperature, pulse, blood pressure and measure the number of red blood cells present in a sample of blood.

Donation. The actual donation takes about 6-8 minutes, during which you will be seated comfortably. The process is safe and sterile. Red Cross staff and volunteers will be available if you have any questions or concerns.

Refreshments. After donating, we will provide you with free snacks and refreshments and a place to rest and relax for about 15 minutes.



Tracie, Strat and Karen
Proud American Red Cross Blood Donors