



Top 10 Reasons to Donate Blood

1. Every 2 seconds someone needs blood.
2. Blood is needed 24 hours a day, 7 days a week, 365 days a year.
3. Blood cannot be stored; it is perishable.
4. There is absolutely no health risk from donating blood.
5. Your body has 10-12 pints of blood. Your body will replenish that lost pint in less than 48 hours.
6. Less than 5% of the entire U.S. population donates blood.
7. 80% of us will need blood by age 75.
8. The most common blood type is "O" but all types are needed.
9. Marshall Community Blood Center doesn't need blood. Patients at Marshall Hospital do.
10. Blood has to be available before it is needed.

Top 5 Reasons for Deferral

1. Received a tattoo within the past 12 months.
2. Low iron count.
3. Traveled outside of the United States.
4. Currently taking antibiotics.
5. Dental visit within the last 72 hours.

Marshall Community Blood Center- the sole source of blood for
Marshall Hospital.

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