

Engage your **community** to
increase **African-American
blood donations** one family
at a time!



If you have a loved one affected by
sickle cell disease or **thalassemia**,
you've probably been asked –

“How can I help?”

Tell your family, friends, and
co-workers they can . . .

Donate Blood

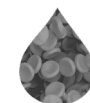
It's safe. It's easy. It makes a
difference!

DONATING blood saves lives!

YOU can make a difference!

**Encourage your family and
friends to donate blood today.**

Be the
Motivation
for
Blood Donation



REDHHoTT
Improving transfusion practice through
data sharing and education

African-American Blood Donations Are Important

Blood is blood, right? **No.**

Blood from an African-American donor to an African-American recipient is more likely to match. This can mean fewer health problems for the recipient.

African-Americans can help people suffering from serious diseases, like **sickle cell** and **thalassemia**, by donating blood.

Less than 1% of all blood donations come from African-Americans.



Here's What You Can Do!

Give blood.

Encourage others to donate by sharing your story.

Organize a blood drive.
Make an announcement at neighborhood functions, church gatherings, work, or fraternity/sorority meetings.

Did you know a person is **more likely** to donate blood if you simply ask?

Make a difference. Encourage others to donate today!

Learn More About Sickle Cell and Giving Blood

Find a blood center near you:
aabb.org/GiveBlood

Recruit your friends and diversify the blood supply:
MySleevesUp.com

Learn more about sickle cell disease:
cdc.gov/ncbddd/sicklecell

Who Can Donate

To donate, you must be at least **16** years old, weigh at least **110** pounds, and be, generally, in good health.

Most people with diabetes or high blood pressure **can** donate blood.

If you couldn't donate blood in the past because of low iron, you can **try again!** Try eating nutritious food and drink plenty of fluids before donating.



Giving Blood is Easy

Giving blood takes about an hour. You can expect to register; provide a confidential health history and have a mini-health exam; give blood; and eat a free snack.

There is no risk of catching a disease from donating blood.