

How Black Americans Can Save Lives by Donating Blood



People with certain blood types and blood diseases rely on blood donors who are Black or African American when they need a blood transfusion.





- **Every 2 seconds**, someone in the United States needs blood.
- Black Americans make up **13%** of the U.S. population but less than **3%** of blood donors.
- Some blood types, like **U-negative** and **Duffy-negative**, are rare and unique to this community.
- People with **sickle cell disease** often need blood from someone with a close blood type match, usually someone with a similar race or ethnicity.

Your blood donation can help someone with sickle cell disease.

- More than **100,000** people in the U.S. have sickle cell disease, and **90%+** are **Black or African American**.
- People with sickle cell disease may **require regular blood transfusions** to treat the disease and prevent life-threatening complications.
- Without treatment, it can lead to serious complications like **severe pain, organ damage, and stroke**.

 **1 in 3 African American blood donors is a match for people with sickle cell disease.**

You can donate blood if...

-  You are in good health, feeling well, and not taking antibiotics.
-  You are at least 16 or 17 years old (depending on the state).
-  You weigh at least 110 pounds.
-  It has been more than 8 weeks since you last donated.

Some donation centers have additional medical, travel, and lifestyle considerations. If you have questions about your eligibility, check with your local blood donation center.

Blood donation is safe and simple.

- 1** Find a blood donation center near you.
- 2** Make an appointment at a convenient time.
- 3** Once you arrive, register, complete a brief health check, and begin your donation.
- 4** When complete, have a light snack, wait 10-15 minutes, and resume your daily activities.

You can help others in your community by donating blood.

Learn more about blood donation, find a convenient donation center, and schedule your appointment today.

nhlbi.nih.gov/education/blood/donation

