



# FACT VERSUS FICTION

KNOW YOUR FACTS ABOUT BLOOD DONATION

## FICTION

“Beyond differing blood types, our blood is all the same.”



“Donating blood is painful, tiring and time consuming.”



“My tattoos and piercings prevent me from being able to donate blood.”



“Legally, queer men are not able to donate blood.”



“Other people are donating blood, so I don't need to.”

37%

“Donating blood could have an adverse effect on my own health.”



“I probably cannot donate blood due to my medication or Chronic health condition.”



## FACT

**Not quite!** Our blood is full of antigens, which are often similar within ethnic groups. Blood that closely matches that of a patient is less likely to be rejected by the patient and can mean fewer complications after a transfusion. Representation matters; donors of all races and ethnicities are needed to serve patients in our communities.

**Incorrect!** The process for whole blood donation usually takes about one hour. The blood collection itself only takes roughly 10 minutes. While pain and fatigue are relative terms, most people are energized and ready to leave after chilling for 15 minutes. We even provide snacks while you wait!

**Nope!** As long as your tattoo or piercing has healed and was done in a state licensed facility, you are able to donate blood. If it was not done at a state licensed facility or has not healed, a three-month waiting period is required before you are eligible to donate blood.

**This is false!** The FDA recently relaxed the deferral period from 12 months to 3 months, meaning men having sex with men (known as MSM) must only wait 3 months after the last point of sexual contact.

**Actually, while 37%** of the US population is qualified to donate blood, only about 4% actually do so. If just 1% more of Americans donated blood, it is estimated that all blood supply shortages would disappear for the foreseeable future. Not to mention, just one blood donation can save up to three lives!

**Not at all!** Because all blood products are tested before use, there is no risk of contracting any disease or infection during the donation process. Additionally, the human body contains about 10 pints of blood, and a typical donor only gives 1 pint during a donation.

**While all cases are different,** many medications don't prevent individuals from donating. And as far as people with chronic health conditions are concerned, they often can also donate blood! Common diseases like diabetes, asthma and Lyme disease do not exempt people from donating blood.