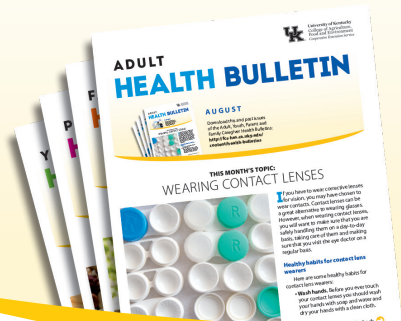


ADULT HEALTH BULLETIN



JUNE 2022

Download this and past issues
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THIS MONTH'S TOPIC:

WORLD BLOOD DONOR DAY



June 14 is World Blood Donor Day (WBDD). WBDD is a joint initiative of the World Health Organization and the Red Cross to raise awareness of the need for safe blood and blood products. It also honors blood donors for their voluntary, life-saving gifts of blood. Giving blood is an easy way to be a hero to families right here in Kentucky, in just a few minutes.

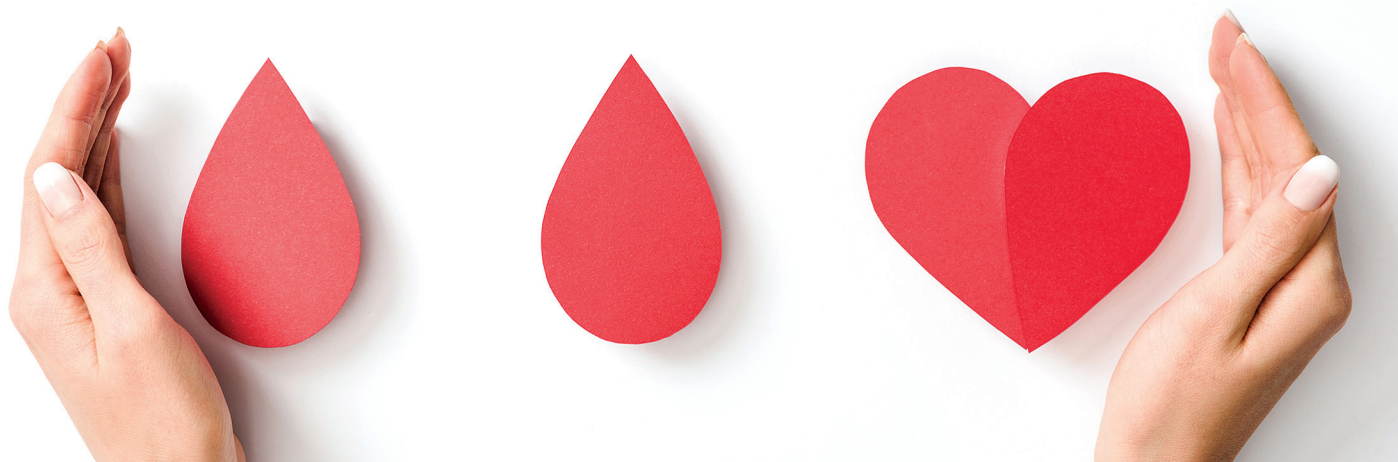
Blood is the most precious gift that anyone can give to another person – the gift of life. A decision to donate your blood can save a life or even several if your blood is separated into its components. Red cells, platelets, and plasma can be used individually for patients with specific conditions.

There is a constant need for a regular supply of blood because it can be stored only for a limited period before use. Regular blood donation is needed to ensure that blood will always be available whenever and wherever it is needed.

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Most healthy adults can donate blood without experiencing any side effects. Ask your doctor if you have questions.



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Did you know that just ONE blood donation could help save the lives of up to THREE patients?

Every two seconds, someone in the U.S. needs blood. Blood is essential to help patients survive surgeries, cancer treatment, chronic illnesses, and traumatic injuries. The need for blood is constant, yet only about 3% of age-eligible people donate blood yearly.

Do not wait for an emergency to decide to give blood. During a crisis, there is no time to wait for blood donors. The blood already on the hospital shelves is the blood that will be used. You never know when an emergency will happen, so give often.

Donating blood

Blood donations can occur at a blood bank, blood donation center, mobile facility, or hospital. Contact the following organizations to find a local blood collection site and schedule an appointment.

- **Kentucky Blood Center:** kybloodcenter.org
- **American Red Cross:** RedCrossBlood.org

Now that you have decided to donate, here is some information to help you prepare for your appointment.

- Before your appointment eat iron rich food and be sure you are well hydrated.

- Bring a photo ID and a list of any prescription or over-the-counter medicines that you take.
- If you received a COVID-19 vaccine, remember the name of the manufacturer, and inform the staff.
- Wear a short-sleeve shirt or a shirt with sleeves that you can roll up to your elbows.
- Let staff know of a preferred arm or a particular vein that has been successfully used to draw blood in the past.

Summer months can be a challenging time to collect blood, with everyone taking vacations. Observances like World Blood Donor Day on June 14 are a time to thank donors and remind people of the importance of blood donation. Donating blood is a simple, quick, and effective way to get involved in your community. Most healthy adults can donate without experiencing any side effects. Ask your doctor if you have questions about giving blood.

REFERENCES:

- <https://www.redcrossblood.org/local-homepage/news/article/blood-donation-importance.html>
- <https://kybloodcenter.org/why-donate>

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Written by: Natalie Jones
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images: 123RF.com

