

# Frequently Asked Questions

## **1. How long does it take?**

The entire process takes about an hour and includes some paperwork, a confidential interview and a mini physical. The actual collection of blood takes just five to eight minutes.

## **2. Does it hurt?**

Comfort levels vary from person to person but many donors say there's nothing to it. You'll feel a slight pinch and it's all over before you know it!

## **3. How much blood do you take?**

A medical professional will draw one pint.

## **4. How will I feel afterwards?**

After resting for five minutes and enjoying refreshments to replenish your fluids, you should feel fine and ready to tackle your daily activities. You should refrain from heavy lifting or extreme physical exertion for 24 hours.

## **5. Can I "catch anything" by donating blood?**

Donating blood is completely safe. All equipment used for the donation is sterile and disposable. It is used only once and never used again. It is impossible to get AIDS or any other disease by giving blood.

## **6. Where does the blood go after I donate?**

The blood is separated into three components: red blood cells, platelets and plasma. Twelve different tests are performed to ensure safety and then the lifesaving blood products are transported to civilian hospitals all over the state to meet the needs of Hawaii's patients.

## **7. Why should I donate blood?**

Everyday, hundreds of people's lives depend on volunteer blood donors. By giving the gift of life, you'll help to ensure that blood will be there for you, the people you love, and anyone else who needs it.

## **8. Who does the blood go to?**

Blood donations help people of all ages and walks of life. Typical recipients include cancer patients, open heart surgery patients, mothers and babies during delivery, people with bleeding ulcers and those requiring surgery or other forms of treatment, and accident and trauma victims.

## **9. Who can donate?**

The qualifications to be a blood donor are simple:

- Be in good health
- Be at least 18 years of age (17 with parental consent)
- Weigh at least 110 pounds
- Have a valid photo ID with birth date

## **10. Does my donation really make a difference?**

Yes. Your single donation can help save up to three lives.