

Common Donor Concerns

1. I'm nervous about giving blood.

This is normal. Just about everyone is nervous and apprehensive the first time they give blood. Once you realize how easy it really is, you'll wonder what you were so nervous about!

2. I bet it will hurt.

Initially, you'll feel a quick pinch when the needle enters the skin. The collection of blood takes just five to eight minutes and you'll feel good knowing you helped save up to three lives.

3. I might get a disease from donating.

You cannot get AIDS or any disease from donating blood. The donation process is safe. Only new, sterile and disposable equipment is used.

4. They won't want my blood because of the illness I've had.

If you have questions about your current health or your health history, check with your physician. You may also call the Blood Bank of Hawaii at 848-4733 or 845-9966 ext. 739 to speak with one of our nurses confidentially. From neighbor islands, call toll free: 1-800-372-9966. You may also email admin@bbh.org with your questions. Common colds and the flu require donors to be temporarily deferred until they are well.

5. My insurance covers the blood I might need.

Insurance policies cover some of the fees for blood processing, collection and transfusion, but only volunteer blood donors can supply the blood itself.

6. My blood type isn't the right type.

Every blood type is the right type. All blood types are needed by patients all the time. Blood is perishable, so donors are constantly needed to help maintain an adequate supply.

7. I don't weigh enough.

If you weigh 110 pounds or more, you can become a blood donor.

8. I'm too young.

If you're 18 years of age or older, you can donate. You can also donate blood when you're 17 years old with a signed Blood Bank of Hawaii parental consent form.

9. I'm too old.

There is no upper age limit on donating blood. However, if you have questions, please check with your doctor first.

10. Other people must be giving enough blood.

60 percent of us will need blood, yet only two percent of Hawaii's population gives. These donors cannot give all the time. Donors move away and go on vacations. Donors also can become ill and pass away. The need for new donors is constant, as is the need for blood and blood components. The needs of Hawaii's patients can only be met by people like you.