



Weill Cornell Medicine

January Is National Blood Donor Month



National Blood Donor Month highlights the lifesaving power of blood donation.

According to America's Blood Centers, a licensed network of blood collection sites that collect nearly 60% of the blood supply in the United States:

3%

Every year, approximately 3% of Americans donate blood.

2 seconds

A blood transfusion is performed every two seconds in the United States.

2 people

Each blood donation helps two or more people.



Blood donations save lives by providing blood to people who were in accidents, have cancer or have emergency surgeries.

Donate During National Blood Donor Month

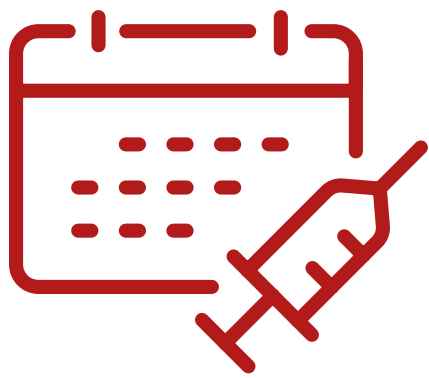
Here are the general blood donation eligibility requirements from the American Red Cross:

- You can donate **every 56 days up to six times a year.**
- You must be **healthy and feeling well** on the day of donation.
- You need to be **16 years of age** or older.
- You must weigh **110 pounds or more.**



Blood Donation Myths

Let's clear up some common misconceptions about donating blood.



▼ **COVID-19 and vaccination:**
It's safe to donate **10 days post-recovery** from COVID-19. Being vaccinated doesn't affect your donor eligibility.



▼ **Donation discomfort:**
Some donors experience a slight pinch when the needle is inserted, **yet otherwise it's a pain-free process.**



▼ **Medications:**
Most medications **do not disqualify you** from donating blood and blood products.



▼ **Tattoos:**
Although there may be a deferral period, **donors who are tattooed by a state-regulated shop are eligible** to donate blood.

Meet with a specialist to determine if you're eligible to give blood. Find a provider today at weillcornell.org/doctors



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