

June 14 is the Global Holiday: World Blood Donor Day - Safe Blood for All

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This year's slogan is "Safe blood for all." This global holiday was established in 2004 by the World Health Organization, dedicated to thanking voluntary blood donors and raising awareness for the need for safe blood.

Did you know:

- One blood donation can save up to 3 lives
- Someone needs blood every 2 seconds
- One unit of blood can be separated into several components: red blood cells, plasma, platelets and cryoprecipitate
- Red blood cells can only be stored for 42 days
- Platelets can only be stored for 5 days
- Blood centers often run short of type O and B red cells
- One person can donate blood every few months ([click here for more info](#))
- If 1% more of Americans donated blood, blood shortages would disappear

Do your part this year.

Give Blood

Before heading off to donate blood, first check if you fill the [eligibility requirements](#). On this same page, you can also find common reasons some people are unable to donate blood.

Once you're clear to donate blood, find a [Red Cross](#) or [Vitalant](#) near you. For the Northeast region, there's another blood drive called [Community Blood Services](#).

Most, if not all, blood drives offer rewards for your donations! #giveandget

Spread the Word

Help spread the word about the need for safe blood to your friends, family and community.

Many people are unaware of the shortage and necessity for blood. Copy and paste the facts above and share it on your social media page. Or download, print and share these [flyers](#).

Host a Blood Drive

Ask your community to take this opportunity to host a blood drive and support safe blood. Access any blood donor website listed above to find out how to host a blood drive within your community.

Remember, you can donate blood any time of the year.