

type **O**

**you are
the type
to save
LIVES.**



American
Red Cross

For more information about becoming a donor or to schedule an appointment, please call 1.800.GIVE.LIFE (448.3543) or visit www.redcrossblood.org

Type O Blood...

- Saves more lives than any other blood type.
- Is the most common blood type. However, there is always a shortage and critical need for Type O donors.
- Is used for emergencies when there is no time to type a patient's blood.
- Type O Negative blood can be safely transfused to patients of all blood types. Donors who are Type O Negative are "universal" donors. Type O Positive blood can be safely received by patients with any positive blood type.
- Helps children, mothers, and fathers survive bad falls, terrible car accidents, chronic illness, and serious surgeries.
- Is given to premature babies to help them survive.

Personality Test?

In Japan, the question, "What is your blood type?" is as common as "What is your sign?" That's because Japanese researchers claim a link between blood types and personality traits.

Compare your type with these profiles!*

- A Type O donor is confident, strong-willed, proud, dedicated, sociable, energetic, extroverted, frank, a realist, showy, flighty, a generalist, positive, independent, a risk taker.
- Type O is the oldest blood type, dating back to our first ancestors, the hunters. Your blood type should mean that you are calm, patient, in control of your emotions, unyielding, and full of self confidence. You are always ready to take time to help others. **There must be some truth to that last statement, since you're a blood donor!**

* These profiles are just theory and are provided as "fun facts."

Did You Know?

Without O Blood...

- Transplant surgeries are not performed and the patient desperate for a new liver or kidney does not receive it?
- Hospital emergency rooms go on high alert and cannot treat trauma patients?

O Blood Donors...

- Have the blood type that hospitals always run out of first?
- Are universal blood donors?

How Precious is Type O?

- The strength of the blood supply is measured by the available amount of **Type O**.
- During blood shortages, **Type O is rationed** and sent only to hospitals with the greatest emergencies.
- There is a **dangerously low supply** of Type O blood almost every day of the year.

If you have Type O Blood...

- You have a very special gift that is critical to saving lives.
- If you are at least 17 years old, are healthy, and weigh at least 110 pounds, you can safely donate blood every 56 days.
- Please ask about making an automated red cell donation, enabling you to give two units of red blood cells in just one donation.
- You have people counting on you and your generous, life-saving blood donation.
- You play a vital role in making sure that enough Type O blood is available for patients. Please Bring Photo ID.