



Abbott

GIVE BLOOD. GET BACK.

BLOOD AND PLASMA BASICS

by the numbers

1 BLOOD
DONATION
can help up to
3 PEOPLE¹

234MM
MAJOR
OPERATIONS
are performed worldwide
every year that may involve
blood transfusions³

WHOLE BLOOD
DONATIONS
take around **10 MIN**²

YOU CAN
DONATE EVERY
56 DAYS
FOR WHOLE BLOOD
AND ONCE EVERY
2 DAYS
*for plasma*⁴

It takes
1,200
PLASMA
DONATIONS
to treat one patient for hemophilia⁵

FREQUENTLY ASKED QUESTIONS⁶



IS IT SAFE TO DONATE?

Yes. Blood and plasma are collected through a new sterile needle that is used once and then discarded. Centers also have enhanced COVID-19 safety and cleaning procedures in place.



WILL IT HURT?

Only for a moment. Many people find that the slight initial pinch is relatively painless.



WHAT IS PLASMA?

Plasma is the clear yellow liquid portion of blood that remains after red and white cells, platelets, and other cellular components are removed. It is used to create life-changing therapies.⁷



CAN I DONATE IF I HAVE TATTOOS?

Yes, but in many countries, the precautionary waiting period between getting a tattoo and donating is 6-12 months.



HOW LONG WILL IT TAKE TO REPLACE WHAT I DONATED?

Plasma is replaced in about 24 hours. Red cells need between 4 and 6 weeks to be replaced.

HOW CAN ONE DONATION HELP MULTIPLE PEOPLE?⁸

WHOLE BLOOD

Trauma and surgery

RED CELLS

Trauma, surgery, anemia, any blood loss and blood disorders (e.g., sickle cell)

PLATELETS

Cancer treatments, organ transplants and surgery

PLASMA*

Burn patients, shock and bleeding disorders, therapies for rare, chronic diseases

CRYOPRECIPITATED ANTIHEMOPHILIC FACTOR (CRYO)

Hemophilia and Von Willebrand disease (a common inherited clotting disorder)

GIVE BLOOD. GET MOVING.

Join the movement.

Learn more and find a donation center at bethe1donor.abbott

REFERENCES

- <https://givingblood.org/about-blood/blood-facts.aspx>.
- <https://americasblood.org/for-donors/blood-donation-faqs/>.
- Towards 100% voluntary blood donation: A global framework for action. World Health Organization. http://apps.who.int/iris/bitstream/10665/44359/1/9789241599696_eng.pdf?ua=1.
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- <https://www.pptaglobal.org/plasma-protein-therapies>
- <https://www.redcrossblood.org/faq.html>
- <https://www.donatingplasma.org/>
- <https://www.redcrossblood.org/donate-blood/how-to-donate/types-of-blood-donations/blood-components.html>

* In the case of whole blood, plasma is a component that's used to help multiple people. However, this is different than a plasma donation, that's used for different therapies.