



January 2023

***National Blood
Donor Month:***
Blood Types & Donation



We'll be talking about the different blood types, what they mean, and why donating blood is important.

- The components of our blood classify us into a certain Blood Type.
- Donating blood is important because blood transfusions require a specific match based on Blood Type.
- There are a few things to keep in mind if you donate blood.

After you're done reading, [don't forget to listen to our webinars every Tuesday! You can find registration links and recordings here.](#)



Blood Basics

What Are the Components of Blood?

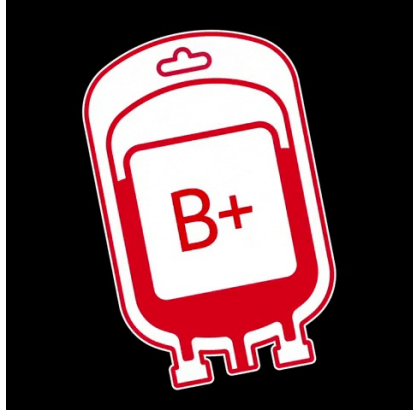
- All blood contains the same basic components:
 - Red blood cells that deliver oxygen
 - White blood cells that fight infections
 - Platelets that help blood clot
 - Plasma, the liquid part of blood

What Are the Blood Types?

- Categorizing blood according to type helps prevent reactions when someone gets a blood transfusion.
- Red blood cells have markers on their surface that characterize the cell type. These markers (also called antigens) are proteins and sugars that our bodies use to identify the blood cells as belonging in us.
- The two main blood groups are ABO and Rh.

Blood Types

- Type A
 - A negative. This blood type has A marker only.
 - A positive. This blood type has A marker and Rh factor, but not B marker.
 - Along with O positive, A positive is one of the two most common blood types.
- Type B
 - B negative. This blood type has B marker only.
 - B positive. This blood type has B marker and Rh factor, but not A marker.
- Type AB
 - AB negative. This blood type has A and B markers, but not Rh factor.
 - AB positive. This blood type has all three types of markers – A, B, and Rh factor.
- Type O
 - O negative. This blood type doesn't have A or B markers, and it doesn't have Rh factor.
 - O positive. This blood type doesn't have A or B markers, but it does have Rh factor.
 - Along with A positive, O positive is one of the two most common blood types.
- The most important reason to know your blood type is in case of an emergency. If you are in a situation where you require a blood transfusion, you'll need compatible blood. An incompatible blood group can cause blood cells to clump—which can be fatal.



Blood Donors

Blood Types and Transfusion

- There are very specific ways in which blood types must be matched for a safe transfusion. The right blood transfusion can mean the difference between life and death. Use the interactive graphic below to learn more about matching blood types for transfusions.
- Also, Rh-negative blood is given to Rh-negative patients, and Rh-positive or Rh-negative blood may be given to Rh-positive patients. The rules for plasma are the reverse.
- The universal red cell donor has Type O negative blood.
- The universal plasma donor has Type AB blood.

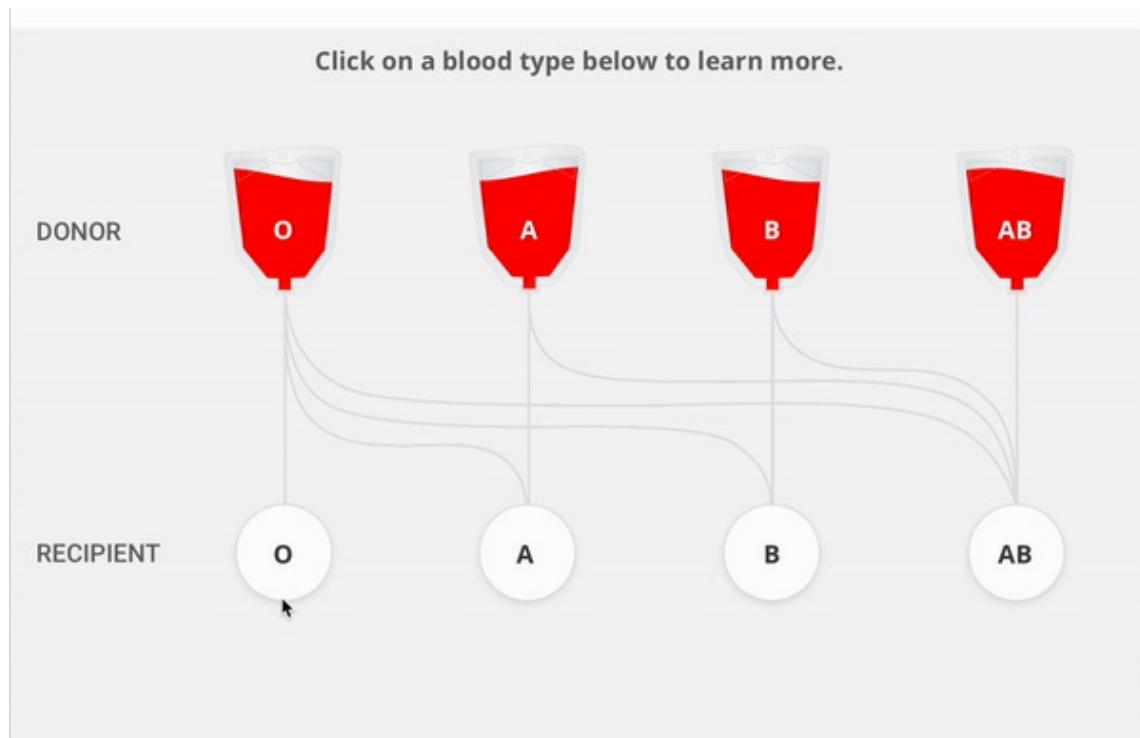
What Is A Universal Blood Donor?

- Universal donors are those with an O negative blood type. Why? O negative blood can be used in transfusions for any blood type.
- Type O is routinely in short supply and in high demand by hospitals - both because it is the most common blood type and because type O negative blood is the universal blood type needed for emergency transfusions and for immune deficient infants.
- Approximately 45 percent of Caucasians are type O (positive or negative), but 51 percent of African-Americans and 57 percent of Hispanics are type O. Minority and diverse populations, therefore, play a critical role in meeting the constant need for blood.
- Types O negative and O positive are in high demand. Only 7% of the population are O negative. However, the need for O negative blood is the highest because it is used most often during emergencies. The need for O+ is high because it is the most frequently occurring blood type (37% of the population).
- The universal red cell donor has Type O negative blood. The universal plasma donor has Type AB blood. For more about plasma donation, [visit the plasma donation facts.](#)

How Is Donated Blood Used?

- If you donate blood, it will be given to someone who needs it through a transfusion. Transfusions help replace blood that is lost due to surgery or injury. Transfusions also help people with disorders that prevent them from making blood correctly. Blood transfusions are one of the most common procedures in U.S. hospitals.
- There are different kinds of blood donation. Each one is used for a variety of life-saving procedures and treatments.
- Red blood cells are given to people who have blood disorders, such as sickle cell disease or chronic anemia caused by kidney failure or bleeding in the stomach. They are also given to people who have acute blood loss from trauma. Sometimes babies born very early need a transfusion to increase the number of red blood cells in their bodies.
- Platelets are most often used to treat cancer. They are also given to patients who have open-heart surgery and organ transplants.
- Plasma transfusions are used for patients with liver failure, bad infections, and serious burns.

- “Whole blood” is usually given to people who have life-threatening injuries or people in surgery.



SOURCE: <https://www.redcrossblood.org/donate-blood/blood-types.html>
<https://www.hhs.gov/givingequalsliving/giveblood/why-give>



Tips for Donating Blood

Before Your Donation

- Make an Appointment
 - [Select a donation type and find a convenient time that works best for you.](#)
- Get the Dish on Nutrition
 - Have iron-rich foods, such as red meat, fish, poultry, beans, spinach, iron-fortified cereals or raisins.
- Be Well Rested and Hydrate
 - Get a good night's sleep the night before your donation, eat healthy foods and drink extra liquids.
- If you are donating platelets, don't take aspirin for 2 days before your appointment.
- Ask a friend to donate at the same time. You can support each other and do twice as much good!

On the Day of Your Donation

- Make sure to bring photo ID such as a donor card, driver's license or two other

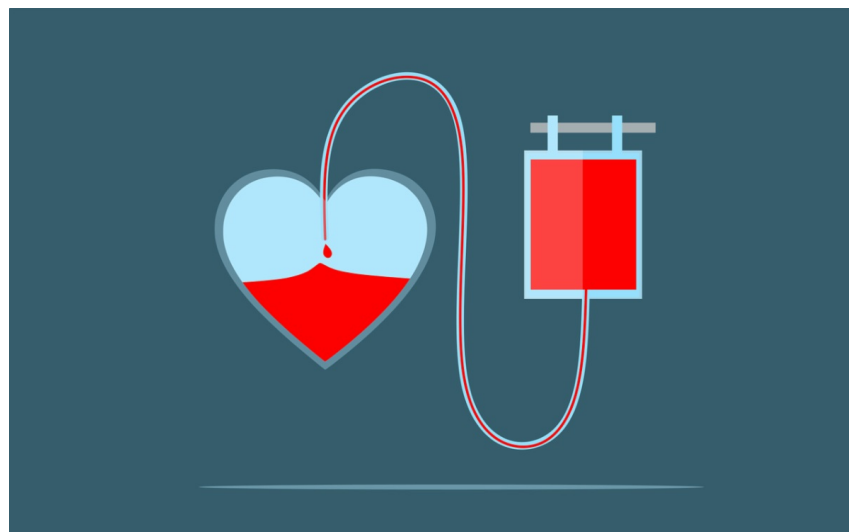
- forms of identification.
- They'll need to know about all prescription and over-the-counter medications you're taking.
- Drink an extra 16 oz. of water (or other nonalcoholic drink) before your appointment.
- Eat a healthy meal, avoiding fatty foods like hamburgers, fries or ice cream.
- Wear a shirt with sleeves that you can roll up above your elbows.
- Let them know if you have a preferred arm or particular vein that has been used successfully in the past to draw blood.
- Relax, listen to music, talk to other donors or read while you donate.

After Your Donation

- Enjoy a snack and relax for a few minutes – you've earned it!
- Tell other about your good deed. The gratification of giving blood is a feeling you'll want to share.
- Drink an extra four (8 oz.) glasses of liquids and avoid alcohol over the next 24 hours.
- Keep the strip bandage on for the next several hours; to avoid a skin rash, clean the area around the bandage with soap and water.
- Don't do any heavy lifting or vigorous exercise for the rest of the day.
- If the needle site starts to bleed, apply pressure and raise your arm straight up for 5-10 minutes or until bleeding stops.
- If you experience dizziness or lightheadedness, stop what you're doing and sit down or lie down until you feel better; avoid performing any activity where fainting may lead to injury for at least 24 hours.
- Keep eating iron-rich foods.
- If you donate frequently, be sure to take multivitamins with iron to ensure you continue to replenish your iron stores before your next donation.

SOURCE: <https://www.redcrossblood.org/donate-blood/blood-donation-process/before-during-after.html>

Let's Stay Healthy!



Looking to learn more about healthy living?
Email NJSAP@ArcNJ.org or call 732-749-8514 to

schedule a virtual training.

You can also visit the NJ Self-Advocacy Project [Training homepage](#) to submit a training request.



Don't see what you're looking for? We can create a custom training based on the needs and interest of your group!



The Horizon Foundation for New Jersey

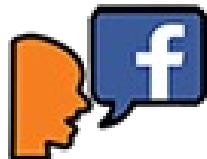
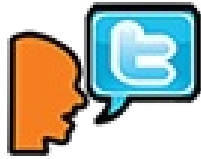
The [Healthy Lifestyles Project \(HLP\)](#) is a program of The Arc of New Jersey and receives funding through a grant awarded by [The Horizon Foundation for New Jersey](#).

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