

Answers to Common Excuses

“I’m afraid to donate.”

Almost everyone is nervous the first time he/she donates blood. Donating can become a regular part of your life once you overcome the initial fear.

“I’ll feel weak, and I need all the blood I have.”

Less than a pint of blood is taken when you donate. The average adult body contains 10 to 12 pints of blood. The body manufactures new blood constantly, so the blood volume (liquid portion) will be replaced within a few hours. Most donors go about their usual activities after donating.

“I don’t have time.”

Donating blood takes about an hour, and the needle is in your arm only about five minutes. It’s the least time consuming of all volunteer work. Your one donation can help save the lives of several people. That’s not bad for 1 hour of your time!

“Nobody I know needs blood.”

It is everyone’s responsibility to help the sick. Someday **YOUR** life may depend on blood donated by your fellow citizens. Help others now, and they’ll help you when you need it.

“I don’t get any benefits from donating.”

Besides that good feeling you get from saving lives, you will have helped to maintain a safe, adequate blood supply. Surely that is a major benefit for you, your family, and friends. On the personal side, you receive a mini-physical, including a blood pressure and hemoglobin check.

“I’ll just wait until I’m sure my blood type is needed.”

Your blood type is needed every day of the year. Blood Bank of Delmarva depends on a steady adequate blood supply of all types for all patients in the hospitals served. If you donate before an emergency, there may not be an emergency.

“I don’t like needles.”

The fear of needles is certainly not uncommon. No one likes them but, donating may hurt a lot less than you imagine. It just feels like a quick pin prick on the skin.

“I’ll pass out.”

Giving blood is safe and easy. Eligible donors should experience no adverse effects. You can go back to your normal activities as soon as you have rested in the canteen area and have had some refreshments.

“I’m afraid of AIDS.”

There is **NO** way you can be exposed to AIDS by donating blood. All equipment used by blood banks is pre-sterilized and disposed of after one use. There is no risk of getting any disease from donating blood.

“Other people must be giving enough blood.”

In the United States only 5 percent of the eligible donor population actually bother to donate. New donors are needed to replace those who become ineligible due to age or medical reasons and to keep pace with the rising need for blood each year.

“My blood isn’t the right type.”

Every type is the right type. The rarest blood is the type that’s not available when you need it. All types must be on hand when they are needed.

“You wouldn’t want my blood.”

The medical interviewer reviews each donor’s medical history before drawing the blood to protect the donor as well as the person who will receive the blood. Very few illnesses exclude a person.

“I don’t have any blood to spare.”

If you are in general good health, you have 9 to 12 pints in your body. You may safely donate one pint of blood every 8 weeks.

“I’m too old to donate.”

If you are in good health and between the ages of 17 and 70 years, you are able to donate safely. You can even donate after your 70th birthday with a doctor’s permission.

“I don’t donate unless it’s an emergency.”

If people wait until a relative or friend needs blood, it could be too late to donate. It takes 6 hours to do the necessary testing of the blood after donation. Blood has to be available before it is needed!

“I can pay for any blood I need.”

If dollars could be transfused there would be no need to donate. However, only blood can be transfused and only people can donate. All the money in the world is useless if no blood is available.