

DIVERSITY MATTERS:

# How Black Americans Can Save Lives by Donating Blood



People with certain blood types and blood diseases rely on blood donors who are Black or African American when they need a blood transfusion.

- Every 2 seconds, someone in the United States needs blood.
- Black Americans make up 13% of the U.S. population but less than 3% of blood donors.
- Some blood types, like U-negative and Duffy-negative, are rare and unique to this community.
- People with sickle cell disease often need blood from someone with a close blood type match, usually someone with a similar race or ethnicity.







Your blood donation can help someone with sickle cell disease.

- More than 100,000 people in the U.S. have sickle cell disease, and 90%+ are Black or African American.
- People with sickle cell disease may require regular blood transfusions to treat the disease and prevent life-threatening complications.
- Without treatment, it can lead to serious complications like severe pain, organ damage, and stroke.

 1 in 3 African American blood donors is a match for people with sickle cell disease.

## You can donate blood if...

-  You are in good health, feeling well, and not taking antibiotics.
-  You are at least 16 or 17 years old (depending on the state).
-  You weigh at least 110 pounds.
-  It has been more than 8 weeks since you last donated.

Some donation centers have additional medical, travel, and lifestyle considerations. If you have questions about your eligibility, check with your local blood donation center.

## Blood donation is safe and simple.

- 1 Find a blood donation center near you.
- 2 Make an appointment at a convenient time.
- 3 Once you arrive, register, complete a brief health check, and begin your donation.
- 4 When complete, have a light snack, wait 10-15 minutes, and resume your daily activities.

You can help others in your community by donating blood.

Learn more about blood donation, find a convenient donation center, and schedule your appointment today.

[nhlbi.nih.gov/education/blood/donation](https://nhlbi.nih.gov/education/blood/donation)

