



# BLOOD DONATION FACTS

Every **2 seconds**, someone in our community will need blood.

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**38%** of the US population can give blood, but only **10%** give regularly.

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Bloodworks Northwest supports **95%** of hospitals in the Pacific Northwest.

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It takes **1,000** donors every day to keep up with the need for blood in the Pacific Northwest.

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You can give blood every **2 months**, so you can personally save **6 lives** per year.

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Blood is critical for **trauma, emergencies, surgeries, cancer treatments, organ transplants, and many other procedures.**

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The blood type most requested by hospitals is **O-**, the universal type used for transfusions.

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The most common blood type is **O+** (39% of the population). You can find out your blood type when you donate.

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Most tattoos and piercings **won't** impact your ability to donate blood.

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Certain blood types are extremely rare, but the rarest blood type is the one not on the shelf when it's needed by a local patient.

Your blood donation only takes 1 hour.  
Learn more about giving blood **here**.