

BLOOD TRIVIA!

- How often will someone need a transfusion? Every 2 seconds
- What percent of a person's body weight is blood? 7%
- Which blood type must receive only their blood type, even in an emergency? O negative
- How many pints of blood are in the average adult's body? 10-12 pints
- How many units of blood can be used during transplant surgery? 50-100 units
- What are the four components of blood? Red blood cells (for transporting oxygen to tissues), white blood cells (for fighting infection), plasma and platelets (important in clotting)
- What is the most common blood type? O Positive
- What blood type is the universal donor for red blood cells? Group O (for transfusion in an emergency)
- What blood type is the universal donor for plasma? Group AB
- How common is transfusion in a hospitalized patient? One out of every 7 patients who enter the hospital will need a transfusion
 - Other facts:
 - 36,000 units of red blood cells are needed everyday in the U.S.
 - Humans have 8 different blood types! Dogs have 4 blood types, cats have 11, and cows have 800!
 - By the time a person is 72 years old, there is a 95% chance that they will need transfusion of some blood product.
 - Only 2-3% of Californians donate blood.
 - Please talk to your family and friends about giving the gift of life!

Together WE are Saving LIVES!

UCLA Blood & Platelet Center is hosting a blood drive with your school, and we want to give you some helpful tips to make your donation successful!

Donors should prepare for their donation by doing the following:

- ◆ Eat well the day of donation; do **not** skip meals
- ◆ Make healthy food choices for the meals prior to donation including:
 - ☞ Proteins such as lean meats, cheese or yogurt
 - ☞ Iron rich foods such as red meat, spinach and raisins
 - ☞ Complex carbohydrates like fruits and iron-fortified cereal
- ◆ Hydration is important!
 - ☞ Drink plenty of water before and after donation
 - ☞ Avoid caffeinated beverages (coffee, tea and cola) on the day of donation

Most donors feel fine after donating blood. However, it is not uncommon for some donors to have fatigue or weakness, pale skin, dizziness, fainting or nausea. If these symptoms occur, it is most likely to happen within the first fifteen minutes after the donation. It is our policy to keep donors in the canteen for fifteen minutes or more after their donation so we can evaluate how they are doing.

If a donor feels lightheaded, we would suggest the following:

- ◆ Have the donor lie on the floor with their legs elevated on a chair
- ◆ If the donor is seated, have the donor place their head between their legs as this allows the blood to return faster to their head. This will help relieve the feeling of dizziness or fainting
- ◆ Have the donor cover their mouth and cough a few times
- ◆ Call the school nurse to inform them of the donor's reaction and to discuss if the donor needs assistance. The school nurse will contact the staff at the blood drive and a trained UCLA staff member will assist the donor, and take him/her back to the blood drive where they can be evaluated
- ◆ If available, have the donor drink water or Gatorade

Our patients Thank  for your support!