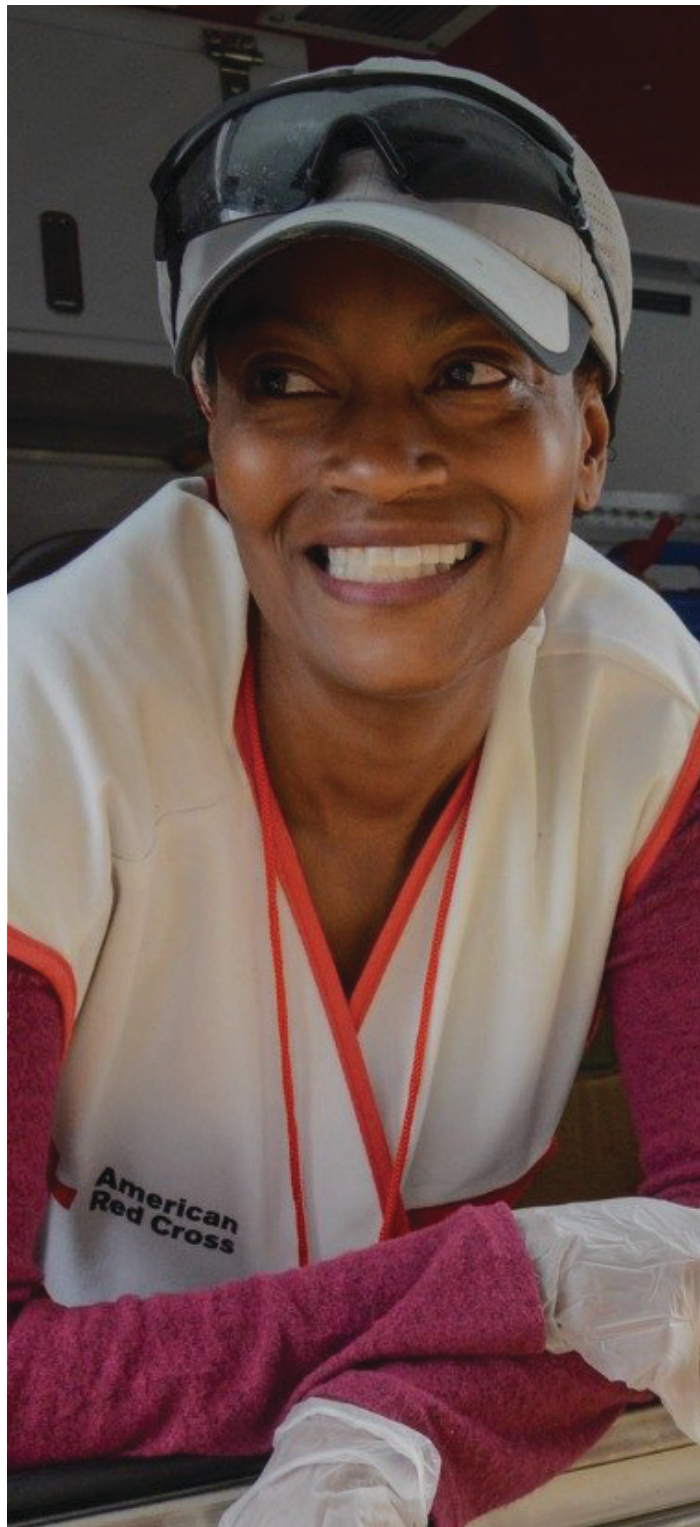


Donate

Donating provides essential financial resources that enable the organization to fulfill our mission. These small contributions support our various programs and services, including disaster relief efforts, blood collection and distribution, health and safety training, and support for military members and their families. Any financial donation, small or large, allows the American Red Cross to respond swiftly to emergencies, provide the critical assistance to all affected individuals and communities, and invest in preparedness initiatives to mitigate the impact of any future disasters.

Give Blood

Blood donations are a very critical act of generosity that can help save up to three lives. Each blood donation from a volunteer contributes to maintaining an adequate blood supply for all crises. When we can ensure a steady blood supply, we can quickly respond to these crises and provide essential support to all hospitals and healthcare facilities. When you donate blood to the American Red Cross, you help save lives and support communities in times of need.



March is Red Cross Month

Red Cross Month is an annual observance that takes place each March. It is dedicated to recognize and honor the humanitarian efforts of the American Red Cross. Various events and activities are organized to raise awareness about our mission, services, and the importance of volunteerism and donations in supporting its work and encourages others to get involved and make a difference in the community.

Non-Monetary

Another way to help is by donating airline miles, credit card points, or hotel points. This provides essential resources for our humanitarian efforts. These contributions allow us to offset travel expenses for deploying our volunteers and staff to any of these disaster-affected areas promptly. By utilizing these donated points or miles, the American Red Cross can allocate more resources to providing critical aid and services to communities who are in need, ultimately enhancing our ability to alleviate the human suffering and promote resilience for all.

Volunteer

Volunteering is a valuable opportunity where you have a hands on impact with every community who are in need. Our volunteers support all five services we provide. The American Red Cross fosters resilience and compassion within every community across the nation. Additionally, this allows others to make a direct and tangible impact, contributing to our efforts in saving lives, providing relief during emergencies, and promoting community well-being.

Our Mission

The American Red Cross is committed to preventing and alleviating human suffering during emergencies through a dual approach of volunteer mobilization and our donor support. By leveraging the great dedication and skills of volunteers along the financial contributions of donors, the organization is able to provide the vital assistance and resources to those who have been affected by any type of disaster, crises, or other type of exigency. Through the network of all of our volunteers, staff, and our partners, we deliver vital services and support for military members and their families. We also focus on



our community resilience and empowerment. Our team has always worked tirelessly to ensure that everyone has the support they need to prevail adversity and rebuild their lives in the wake of any type of emergency.

The Fundamental Principles

- 1 Humanity:** The Red Cross aids all individuals in distress, regardless of differences.
- 2 Impartiality:** We assist based on need, without any bias such as religion, political stance and so on.
- 3 Neutrality:** Our organization refrains from taking sides in conflicts or engaging in any controversies.
- 4 Independence:** We operate autonomously and remain free from government influence.
- 5 Voluntary Service:** The mission is primarily carried out by our volunteers who offer their time and skills.
- 6 Unity:** The Red Cross operates cohesively and we coordinate efforts for maximum impact.
- 7 Universality:** Humanitarian services are available to all, regardless of location or circumstance.

Our Services

Today, our organization prioritizes five different services. Disaster relief, lifesaving blood, training and certification, international services and supporting military families. No matter the crises, the American Red Cross remains extremely dedicated to alleviating human suffering and promoting resilience from across the globe.

Our Story

We were founded in 1881 by Clara Barton, a pioneering humanitarian inspired by her experiences as a nurse during the Civil War. Her dedication to aiding those in need, coupled with her work with the International Red Cross during the Franco-Prussian War, led her to establish the organization with a mission to provide aid during times of war and disaster. Over the years, the Red Cross has swiftly expanded, responding to various crises. It has played a crucial role in providing humanitarian assistance both domestically and internationally, offering services such as disaster relief, blood collection and distribution, emergency preparedness training, support for military personnel and their families, and international humanitarian aid. Today, the American Red Cross continues to uphold the mission of preventing and alleviating human suffering, embodying the core values of humanity, impartiality, neutrality, independence, voluntary service, and unity. Throughout the long history of our organization, it has become filled with compassion and hope, serving as a beacon of assistance for millions of individuals worldwide, and shaping international humanitarian law with its enduring commitment to alleviating human suffering.



Lifesaving Blood

Blood Donations

The American Red Cross blood donations are very crucial within our community that are used in surgeries and medical procedures. We collect millions of units of blood, platelets, and plasma each year. The blood is rigorously tested and screened to ensure safety, adhering to strict protocols and employing advanced technologies to detect and eliminate any potential risks. By prioritizing blood safety and reliability, we instill the confidence in both donors and recipients, ensuring that patients who face medical emergencies, surgeries, or ongoing treatments can receive the lifesaving blood products they require.



How Blood Donations Help

Blood donations play an important role in saving lives and improving the health outcomes for patients across the U.S. Each blood donation can save up to three lives. It provides essential blood products used in surgeries, trauma care, cancer treatments, and other medical procedures. By assisting with a steady and safe blood supply, we can respond to emergencies and meet the ongoing needs of hospitals and healthcare facilities, ultimately contributing to better patient care and outcomes.

Blood Need Facts

- + Every two seconds someone in the U.S. needs blood and or platelets.
- + Approximately 29,000 units of red blood cells are needed every day in the U.S.
- + Nearly 5,000 units of platelets and 6,500 units of plasma are needed daily in the U.S.
- + Nearly 16 million blood components are transfused each year in the U.S.
- + The average red blood cell transfusion is approximately three units.
- + A single car accident victim can require as many as 100 units of blood.
- + Blood and platelets cannot be manufactured; they can only come from volunteer donors.
- + One blood donation can save more than one life.

First Time Donors

What To Expect

When you donate your blood to the American Red Cross, you can expect a very efficient process, designed to ensure your comfort and safety throughout the donation experience.

Registration and Health Screening:

Upon arrival at the donation site, you will be asked to complete a registration form and undergo a brief health screening. This includes questions about your medical history, recent travel, and general health.

Pre-Donation Assessment:

Before the donation, a healthcare professional will conduct a mini-physical, checking your blood pressure, pulse, temperature, and hemoglobin levels.

Donation Process:

Once you pass the health screening and assessment, you will proceed to the donation area. A trained phlebotomist will clean your arm and insert a sterile needle to draw blood from a vein in your arm. The process typically takes about 8-10 minutes, during which you will be seated comfortably.

Post-Donation Refreshments:

After donating blood, you will be provided with some refreshments and snacks to help replenish your fluids and energy levels. It's essential to take a few minutes to rest and hydrate before leaving the site.

Post-Donation Care Instructions:

Before you leave, you will receive instructions on the post-donation care including guidelines for activity, hydration, and monitoring for any adverse reactions. Our attentive staff will also provide you with information on when you can donate blood again in the future.

After You Donate

When you donate blood, you contribute to a lifesaving cause with numerous benefits. First, the sense of fulfillment knowing you can save up to three lives with the donation is invaluable. Additionally, you will also undergo free health screenings that can provide insights into your well-being. All donors are often recognized and celebrated for their generosity, and from your blood donating, you are supporting your community's health and emergency preparedness. Some additional tips after your donation is to keep the strip bandage on for the next several hours; to avoid a skin rash and to clean the area around the bandage with soap and water; also, no heavy lifting or vigorous exercise for the rest of the day. Please feel free to call our number **1-866-236-3276** if you need to report any additional health information that you forgot to tell us, if you have any problems or if you need medical care after your blood donation.

