



Give the Gift of Life this Valentine's Day and Donate Blood

Blood donation gives hope to patients and their loved ones

McFarland, WI (February, 2010) – Finding the perfect gift to give for Valentine's Day can be challenging. But giving the gift of life is easy. This Valentine's Day, give blood through the American Red Cross in honor of your special someone. Or better yet, give blood with your special someone and double your lifesaving impact.

"When you donate blood, you help save lives," said Greg Novinska, CEO of the Badger-Hawkeye Blood Services region. "It's one of the greatest gifts that you can give. It may only be a pint of blood for you, but for a patient in need it can mean the difference between life and death."

As Americans become increasingly mobile, you can feel good knowing that when you donate blood through the Red Cross you may be helping patients not only in your local community, but also your family and friends across the nation.

Upcoming Blood Donation Opportunities

[McFarland High School](#) blood drive on 2/1/2010 from 9 a.m. to 2 p.m.

How to Donate Blood

Simply call 1-800-GIVE-LIFE (1-800-448-3543) or visit givebloodgivelife.org to make an appointment or for more information. All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver's license, or two other forms of identification are required at check-in. Individuals who are 17 years of age (16 with parental permission in some states), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

About the American Red Cross

Governed by volunteers and supported by giving individuals and communities, the American Red Cross is the single largest supplier of blood products to hospitals throughout the United States. While local hospital needs are always met first, the Red Cross also helps ensure no patient goes without blood no matter where or when they need it. In addition to providing nearly half of the nation's blood supply, the Red Cross provides relief to victims of disaster, trains millions in lifesaving skills, serves as a communication link between U.S. military members and their families, and assists victims of international disasters or conflicts.

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