



January is the beginning of a new year and the perfect time to start the year celebrating National Blood Donor Month.

Due to increased seasonal illnesses during the winter months and inclement weather conditions, donations of blood and platelets decline, and demand increases. The American Red Cross and Blood Banks of America encourage everyone can donate to continue their donations. Those who have never donated, make an appointment. Blood donation is safer than ever before and saves lives. Millions of people including cancer patients, organ recipients, and victims of accidents rely on blood donations from people like you and me.

HOW TO OBSERVE #NationalBloodDonorMonth

Give blood. Don't wait for a disaster. Someone needs blood now! Contact the [American Red Cross](#) or your local blood bank: [Northern California Community Blood Bank](#) for more information. Use #NationalBloodDonorMonth and #GiveBlood to share on social media. Here are some of the biggest reasons giving blood is so important.

1. About 36,000 units of red blood cells and 7,000 units of platelets are needed every single day in the U.S.
2. The most requested blood type by hospitals is type O. This kind of blood can be transfused to patients of all blood types, so it's always in great demand and very short supply. Only 7% of people in the U.S. have type O.
3. A single-car accident victim may need up to 100 pints of blood to survive.
4. About 6.8 million people donate blood every year in the U.S.
5. 38% of our population is eligible to donate, but less than 10% actually do.
6. Donating blood is a simple, safe process. All you have to do is register, take a mini-medical history test, donate, and then accept free refreshments like water, Gatorade, granola bars, etc.
7. A single donation from a single patient can help more than one person.

NATIONAL BLOOD DONOR MONTH HISTORY

President Richard Nixon proclaimed January as National Blood Donor Month for the first time on December 31, 1969, as requested by Senate Joint Resolution 154.

Sincerely,

Del Norte Healthcare District Board of Directors
Elizabeth Austen, B.A.
Michael Young
Kevin Caldwell, M.D.
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David Mason

Sources:

<https://www.nccbb.net/index.html/>

<https://www.redcrossblood.org/>

<https://www.facebook.com/nccbb.org>



[Like the Del Norte Healthcare District on Facebook](#) to stay up to date with our announcements, newsletters, and board actions.

We love our community partners! In collaboration with the Del Norte Healthcare District, the [City of Crescent City](#) is now offering FREE Saturday Recreational swims for everyone and monthly swim passes are available to eligible seniors. Call the Aquatic Supervisor at 707-458-8452 for more information.



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