

Learn the ABO's of Blood Donation!

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Want to do something easy, free, and super exclusive? Then find your nearest Red Cross and donate blood! JMU also hosts several blood drives throughout the year. Only 3 out of every 100 people in the United States donate blood, but every minute someone needs it. Your blood could save as many as 3 people with one donation.

Although blood looks the same no matter who gives it, there are actually 8 different types of blood out there. If you have O- blood, you are the universal donor—meaning that anyone can accept your blood. If you have AB+ blood, you are the universal recipient—meaning that you can receive any type of blood and have a safe transfusion. O+ is the most common blood type while AB- is the least common. After your donation, make sure to have the Red Cross send you your blood type—it could save someone's life.

Sources:

<http://www.redcross.org/portal/site/en/menuitem.d8aaecf214c576bf971e4cfe43181aa0/?vgnextoid=d0061a53f1c37110VgnVCM1000003481a10aRCRD>

<http://www.redcrossblood.org/learn-about-blood/blood-types>

<http://www.donatingplasma.org/whydonate/faq.aspx>