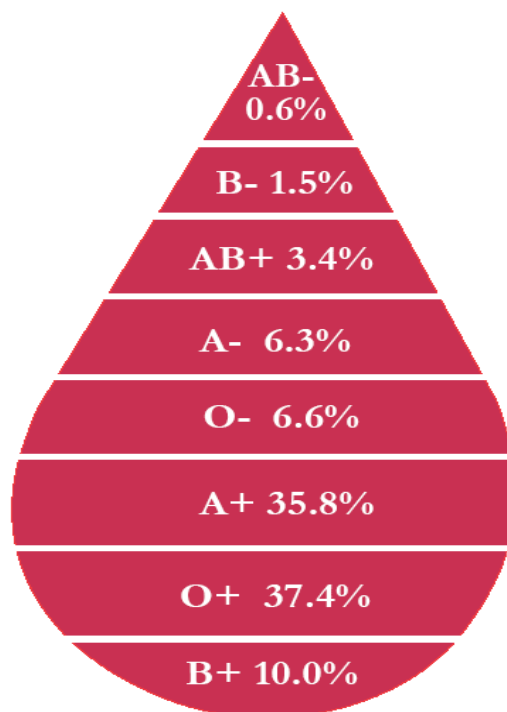


# Coastal Bend Blood Center Quick Facts:

## Blood Types & Donor Requirements

### Are you my type?

- All blood collected by the Coastal Bend Blood Center is tested for its ABO type and Rh factor.
- Eighty-four percent of the population is Rh Positive.
- O- is considered the *universal donor* because anyone can receive this blood type.
- AB+ is considered the *universal recipient* because they can receive all blood types.



Percent of total U.S. population

### Basic Donor Requirements

- At least 17 years of age
- Weigh a minimum of 110 lbs. (115 lbs. for 17-year-olds)
- Be in general good health
- Have a picture I.D. at time of donation

### Tips to Remember

- Drink plenty of water or decaffeinated beverages before donating.
- Eat a good meal 1-4 hours before donating.

### After Your Donation

- Sit and enjoy the refreshments.
- Drink plenty of fluids.
- Avoid heavy lifting and leave arm bandage in place for at least two hours.
- Do not skip meals.
- Do not smoke for at least one hour.

For more information, call the Coastal Bend Blood Center at 1-800-299-4943  
or visit our website at [www.coastalbendbloodcenter.org](http://www.coastalbendbloodcenter.org)