Donated blood is often transfused just three days after your donation. 2% of the population.

**PREFERRED DONATION METHODS**
- Double Red Cell
- Whole Blood

**Will you give?**
Only types B and AB can receive your red cells.

**FOR YOU**
You can receive types B and O negative... that's only 11% of the population.

Right Time. Right Type.
To schedule, visit www.bloodcenterimpact.org, call (800) 747-5401 or email impact@mvrbc.org.

Will you give?
Learn how you can change the world, one pint at a time.
www.bloodcenter.org/change