



## **Volunteer to Donate Blood**

Since the onset of the COVID-19 pandemic, the American Red Cross has been short on blood supply and blood donors. If you are sixteen years or older, and have parent permission, then you can help your local Red Cross by making an appointment to donate blood.

### **How You Will Make a Difference**

Your blood will help those in need, like people who need a blood transfusion. Blood transfusions are given to patients in a wide range of circumstances, including serious injuries (such as in a car crash) surgeries, child birth, anemia, blood disorders, cancer treatments, and many others.

### **Volunteers need to:**

- Sign up on under “Volunteer with a Community Agency” on VicNet.
- Visit the American Red Cross website to schedule a time to give blood:  
<https://www.redcrossblood.org/>
- Fill out a Volunteer Reflection form and send to Volunteer Coordinator Katie after the blood donation.

### **Benefits**

- Can help save a life.
- Provides insight into the medical world of the community.

### **Commitment/Schedule**

About 1 hour every eight weeks.