

Overcoming Objections

You may be surprised how many reasons people come up with for not giving blood. Sometimes all it takes is a little information to help a person decide to be somebody who saves lives. Here are some of the most common objections to giving blood, along with responses you can use to reassure prospective donors.

“I already gave once this year (or two years ago, or five years ago ...)”

Donors are needed year-round because blood is needed every day – and blood components have a limited “shelf life,” so the blood supply must be replenished regularly. If you’re healthy, 17 or older (16 with parent/guardian permission), and weigh 110 pounds or more, you can donate every 56 days (8 weeks) – and *be somebody who gives back to your community.*

“Plenty of people donate blood. You don’t need mine. Someone else can do it.”

Out of every 100 Americans, only three to five people give blood. We DO need your donation! Every year, more medical treatments are developed that involve blood transfusions, so the need for blood grows constantly. More blood donors are needed now than ever before.

**“I hate needles.
I don’t do needles.
No needles for me!”**

Just please consider this: most blood donors who were scared about the ‘stick’ say afterward that donating was much easier than they expected. They compare it to a pinch on the inside of your arm, at the elbow joint. Try it. If you think that being somebody who saves lives is worth a little discomfort, then please give it a try.

“I don’t have any blood to spare.”

Your body contains 8 to 12 pints of blood total, and also manufactures new blood cells constantly. Each blood donation equals about one fluid pint – an amount your body can easily replace in just three to four weeks.

“I heard you can get certain diseases from giving blood. I won’t risk it.”

It is absolutely **not possible** to contract any disease from the act of donating blood. The needle and all other blood-collection supplies come prepackaged and sterile. Supplies are used only once and then properly discarded. **Giving blood is safe.**

**“Giving blood takes too long.
I don’t have time.”**

Donating a unit of blood takes just 7 to 10 minutes. From sign-in to cookies afterward, the whole process takes 45 to 60 minutes. That’s less time than it takes to watch some game shows on TV. The time you take could save someone’s life.

**“I’m on medication for allergies
(or blood pressure, or arthritis, or ...)”**

Many medications are acceptable, as long as you’re feeling well. The Food & Drug Administration (FDA), which makes the rules for blood donation, provides regular updates on which medications and medical conditions are acceptable. Even if you weren’t able to donate in the past, please try again – the requirements may have been updated. You can check with Michigan Blood staff at the blood drive, or you can contact Donor Services at any Michigan Blood location by calling toll-free 1-866-MIBLOOD (642-5663).



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