

Answers to Common Excuses for Not Donating Blood

As you try to recruit blood donors from your workplace, you'd probably encounter many common fears and misconceptions that people may have about donating blood. So, to help you answer some of these common excuses, and hopefully convince them to think otherwise, we've put together some responses to help!

Don't Accept These Excuses

"I Might Catch A Disease."

A new, sterile needle is used for each donor and then immediately disposed of properly. It is not possible to catch AIDS or any infectious diseases by donating blood.

"It Might Hurt When They Draw The Blood."

The actual drawing causes no pain. You might feel a slight pinch when the needle is inserted, but that's all.

"I'm On Medication."

Many medications, including allergy medicines, vitamins, aspirins, birth control and blood pressure pills, do not affect your eligibility as a blood donor. Be sure to tell the medical interviewer what medications you are taking or have recently taken.

"I'm Anemic."

A trained technician will test a drop of your blood before you donate. If you are anemic you will not be permitted to donate that day. However, anemia is not usually a permanent condition. Just because you have been deferred or told that you were anemic does not necessarily mean that you cannot give blood later.

"They'll Take Too Much Blood And I'll Feel Weak."

If you weigh at least 110 lbs, you may safely donate blood. Only one pint is taken - no more. You have about two pints of blood for every 25 pounds of body weight, and your body makes new blood constantly. After giving blood most people can resume their normal activities.

"My Blood Type Is So Common, You Probably Don't Need It."

Not true. Some blood types are more common than others, but the rarest type of blood is the type that is not available when needed. Since whole blood and blood components must be transfused within a few weeks, we rely on regular donations of all blood types throughout the year.

“Other People Must Be Giving Enough Blood.”

We need to collect about 450 pints of blood per day to meet the daily demand - and the demand is rising! But, less than 5 percent of those who are eligible give blood. Consequently, the lives of many depend on the generosity of these few.

“I Give My Blood Voluntarily, But The Blood Center Turns Around And Sells It.”

BCP is a nonprofit organization. The blood center's goal is to keep costs as low as possible while maintaining a high quality blood supply. BCP charges a processing fee to recover the costs incurred in collecting, processing, testing and distributing the blood. This processing fee does not include hospital charges for cross matching, transfusion administration, etc.

“I'm Too Busy.”

Is your life worth an hour of someone's time? Is someone else's life worth an hour of your time? Think about it.