



Mid-America Division
Badger-Hawkeye Region
Heart of America Region
Midwest Region
North Central Region
River Valley Region

Celebrate Red Cross Month in March – Get Involved

As emergency relief efforts continue in Haiti, the nation recognizes March as Red Cross Month. The American Red Cross takes this time to honor the valuable contributions of generous volunteers whose commitment makes its work possible.

March was first declared Red Cross Month in 1943, when President Franklin D. Roosevelt issued a proclamation to remind the American public that the Red Cross is committed to providing disaster assistance and emergency social services as well as blood and blood products, across the United States and worldwide.

Providing emergency relief efforts down the street, across the country and around the world, and ensuring the stability of our nation's blood supply, is in the hands of volunteers who turn compassion into action by giving generously to others in need. The Red Cross seeks to prevent, prepare for and respond to emergencies. One way you can help support this mission is to become a dedicated blood donor.

Help the American Red Cross prepare to meet the needs of patients by donating blood during March – Red Cross Month. Each year, the Red Cross collects about six million pints of blood – about half the blood needed in the United States. Be one of the many who help save lives by making an appointment to give blood today.

How to Donate Blood

Simply call 1-800-GIVE-LIFE (1-800-448-3543) or visit givebloodgivelife.org to make an appointment or for more information. All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver's license, or two other forms of identification are required at check-in. Individuals who are 17 years of age (16 with parental permission in some states), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

About the American Red Cross

Governed by volunteers and supported by giving individuals and communities, the American Red Cross is the single largest supplier of blood products to hospitals throughout the United States. While local hospital needs are always met first, the Red Cross also helps ensure no patient goes without blood no matter where or when they need it. In addition to providing nearly half of the nation's blood supply, the Red Cross provides relief to victims of disaster, trains millions in lifesaving skills, serves as a communication link between U.S. military members and their families, and assists victims of international disasters or conflicts.