

'Tis the Season - Donate Blood

'Tis the holiday season, a busy time for all, but there's one precious gift the Navy Blood Program hopes you'll take the time to give. The gift of blood.

On average, military blood banks alone use more than 300 units of blood each day. Plasma supplies also need replenishing, and they are derived from whole blood donations.

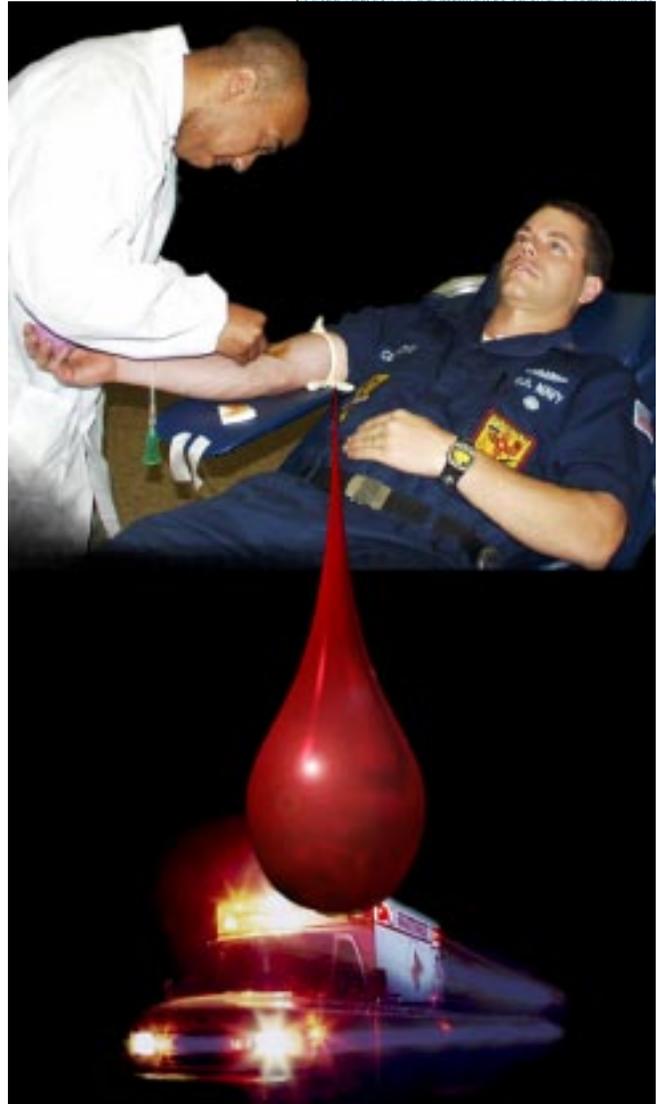
Giving blood takes about an hour. To donate, you should be in good health and weigh at least 110 pounds. Additionally, you must be at least 17 years old and not have made a donation in the last 56 days.

You can continue giving after the holiday season is over, with January designated as National Volunteer Blood Donor Month.

Navy donation centers are located at medical treatment facilities in Bethesda, Md.; Portsmouth, Va.; San Diego; Great Lakes, Ill.; Camp Pendleton, Calif.; Okinawa, Japan; and Guam. These centers also hold on-site command blood drives.

Retirees, family members and federal employees are encouraged to donate at military blood banks. Members and federal employees are also encouraged to donate at military blood banks.

For related news, visit the Navy Medicine Navy NewsStand page at www.news.navy.mil/local/mednews.



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