

After giving blood...

- Eat or drink something before leaving.
- Do not smoke for one half-hour.
- Drink more fluids that usual in the next four hours.
- If there is bleeding from the phlebotomy site, raise arm and apply pressure.
- If faint or dizzy, either lie down or sit down with your head between your knees.
- You may resume all normal activities after about a half-hour if you feel well.
- Best not to do strenuous work or exercise, or have alcohol, until after you've eaten.

Call us if...

- For some reason you do not want your donation to be used, or
- You become ill within 48 hours, at...

Avera McKennan Blood Bank,
(605) 322-7111, or

Sanford USD Medical Center Blood Bank,
(605) 333-7082,

Monday -Friday 7 a.m. - 5 p.m.

If you experience...

- Significant arm pain that lasts 24 hours or more, or have other medical questions or concerns related to your donation, call...
- The numbers above during business hours

—After hours—

- "Ask-a-Nurse" (605) 322-6877 or
- "My Sanford Nurse" (605) 333-4444

Community Blood Bank

PO Box 1343

Sioux Falls, SD 57101

www.cbblifeblood.org

**The information you
give us is confidential.**

**Thank you for your
life saving donation.**

200-44860-0005 REV. 11/13

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COMMUNITY
BLOOD BANK



If your blood type is:	Percent of population with blood type:	You can give red blood cells to:	You can receive red blood cells from:
O+	37%	O+, A+, B+, AB+	O+, O-
A+	34%	A+, AB+	A+, A-, O+, O-
B+	10%	B+, AB+	B+, B-, O+, O-
AB+	4%	AB+	Everyone
O-	6%	Everyone	O-
A-	6%	A+, A-, AB+, AB-	A-, O-
B-	2%	B+, B-, AB+, AB-	B-, O-
AB-	1%	AB-	AB-, A-, B-, O-,

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A+	34%	A+, AB+	A+, A-, O+, O-
B+	10%	B+, AB+	B+, B-, O+, O-
AB+	4%	AB+	Everyone
O-	6%	Everyone	O-
A-	6%	A+, A-, AB+, AB-	A-, O-
B-	2%	B+, B-, AB+, AB-	B-, O-
AB-	1%	AB-	AB-, A-, B-, O-,

Are you my type?

Blood is grouped into four types A, B, AB and O. Each type is also classified by an Rh factor either positive (+) or negative (-). When a blood transfusion is necessary, donor and patient blood must be compatible.

Your ABO blood grouping and Rh factor are inherited from your parents. Check the chart below to see what percentage of the population shares your ABO grouping.

People donating with Community Blood Bank will receive a blood donor card with their blood type on the card.

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