

Local donors, local patients.

Bloodworks Northwest is the sole provider of lifesaving blood to 95% of hospitals in the Pacific Northwest. Through the generosity of local blood donors like you, local patients have a second chance at life.

OUR MISSION IS BLOOD. OUR COMMITMENT IS COMMUNITY.



DONOR CENTERS



Washington	Bellevue
Bellingham	Renton
Lynnwood	Puyallup
Federal Way	Olympia
Everett	Vancouver
North Seattle	Oregon
Central Seattle	Beaverton
	Eugene



COMMUNITY DRIVEN

We know convenience matters. Look for your nearest blood drive or mobile drive location when you schedule your donation.

OTHER WAYS TO SUPPORT BLOODWORKS

-  **Make a financial donation.** Your dollars will ensure that every member of our community gets the blood they need in time.
-  **Volunteer your time.** You can take pride in knowing that your time is as vital to us as a blood donation.

Schedule your donation today!



(800) 398-7888
[Bloodworksnw.org/giveblood](https://bloodworksnw.org/giveblood)



Download the Bloodworks App:
Text BWAPP to 999-777

Blood Donation Basics



Types of Donation

WHOLE BLOOD

Safely donate every 56 days—up to six times a year.



PLATELETS

Blood cells that help control bleeding and clotting.



PLASMA

Frequently needed by trauma patients and burn victims.



SUPER REDS

One donation is enough for two red cell transfusions.



DONATE FOR RESEARCH You may be eligible to donate for research even if you are not eligible to donate for patient transfusion.



FAQs

WHY DONATE BLOOD?

Blood for local patients can only come from the generous gift of someone who has donated blood.

DOES IT HURT?

You will only feel a pinch when the needle is inserted, but after that, most donors feel no discomfort.

HOW SOON AFTER DONATING CAN I GO BACK TO MY REGULAR ROUTINE?

Most donors feel fine after relaxing and having a drink and a snack. However, it is recommended that you avoid heavy lifting or strenuous exercise for the next 12 hours.

HOW SOON CAN I DONATE AGAIN?

You can donate again in 56 days, up to 6 times per year. We hope to see you again soon!

WHERE DOES MY BLOOD DONATION GO?

Bloodworks serves 95% of hospitals in the Pacific Northwest, so your blood donation will help local patients in need. 1000 donations are needed each day to ensure a strong and safe blood supply for our community.

HOW DO I KNOW IF I AM ELIGIBLE TO DONATE BLOOD?

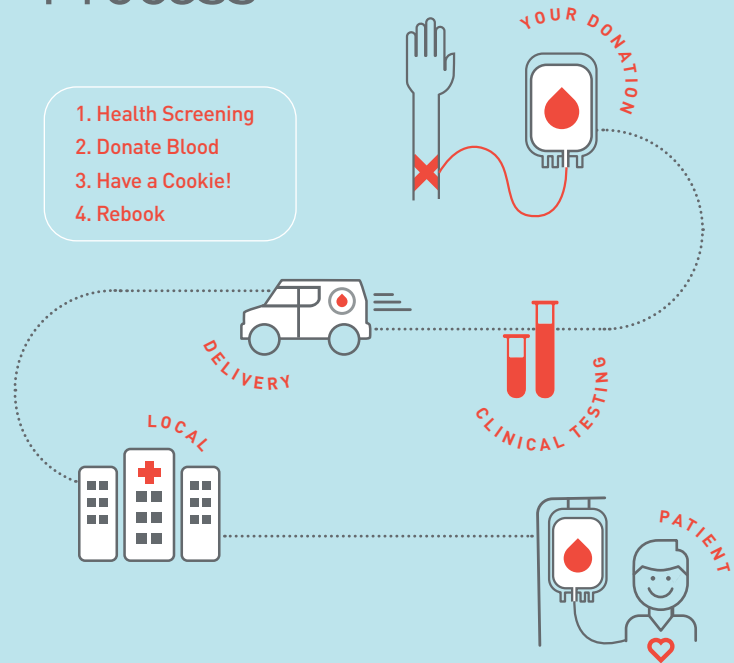
Most people in good health can donate, but some medical conditions or events in your medical history might prevent a person from being a donor. For information about eligibility you can visit our website, or you can call or email us to have your questions answered.

EMAIL: eligibility@bloodworksnw.org

CALL: (425) 656-3077 (option 1)

Donation Process

1. Health Screening
2. Donate Blood
3. Have a Cookie!
4. Rebook



Who Needs Blood?

TRAUMA PATIENTS

EMERGENCY AND SURGERY PATIENTS

CANCER PATIENTS

ORGAN TRANSPLANT PATIENTS

:02

Every 2 seconds someone in the U.S. needs blood.

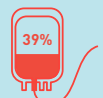
It takes 1000 donors every day to maintain a healthy blood supply for local patients.

X 1000



The blood type most requested by hospitals is O- since it can be used for any patient.

The most common blood type is O+. About 39% of the U.S. population has this blood type.



DON'T KNOW YOUR BLOOD TYPE? You will find out when you donate!