

# Myths about donating blood

Myth	Fact
It's painful to donate blood.	Most donors, including first-time donors, describe only a brief "tingling" sensation when the needle is inserted; feeling like a gentle pressure, never pain.
Myth	Fact
I'm too old to donate blood.	If you meet the eligibility requirements, including the height and weight requirements, there is no maximum age to donate blood. All donors in Canada must be at least 17 years old and meet the minimum height and weight requirements to donate.
Myth	Fact
Blood can be stored forever.	Donated blood lasts no longer than 42 days. Platelets, a blood product which provides the basis for clotting and helps control bleeding, has a shelf life of 7 days.
Myth	Fact
Existing donors are already donating enough blood.	Half of all Canadians are eligible to donate blood yet, less than 4% of those who can donate sustain our national blood system. Each year, over 100,000 new donors are needed to help meet the needs of patients in Canada.
Myth	Fact
A lot of blood is taken.	Every person's body contains about 5 litres of blood (or 10.5 pints). We collect about 450 ml (a pint) of blood during a single blood donation.
Myth	Fact
I can't donate because I have a tattoo.	You can donate blood even if you have tattoos or piercings. If you recently got a tattoo or piercing, you must wait until 3 months has past since your tattoo or piercing.
Myth	Fact
I can't find the time. The donation process takes too long.	It's more convenient than ever to book an appointment to donate blood. Plan to spend about one hour at the donor centre. The blood donation itself takes about 5 to 10 minutes.



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