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[B-roll available here](#)

Turn Your Day Around by Giving Blood This January During National Blood Donor Month

Pledge to Give Blood Twice in 2022 to Help Save Lives

SAN DIEGO (Jan. 3, 2022) – You can turn your day around through a simple, essential act — donating blood — and in the process, save up to three lives. Beginning this January with the arrival of National Blood Donor Month, San Diego Blood Bank and ADRP, [an International Division of America's Blood Centers](#), and the national blood community are asking all eligible individuals to commit to donating blood at least twice throughout 2022.

With San Diego and other communities nationwide facing a significant drop in blood donations due to the ongoing disruption of the COVID-19 pandemic, now is the time for individuals, businesses, schools, and others to make a difference by donating blood or hosting a blood drive. If every individual pledges and follows through on donating blood at least one more time than they did in 2021, blood shortages would be eliminated.

It is safe and easy to donate blood and all eligible individuals are encouraged to schedule an appointment [at SanDiegoBloodBank.org](http://SanDiegoBloodBank.org) to give blood to ensure its availability for all patients in need.

This National Blood Donor Month, we thank all current and future blood donors for committing to making an appointment to donate blood and helping blood centers perform their essential, lifesaving work. During emergencies and for ongoing patient care, it is the blood on the shelf that has been donated, collected, tested, and processed that saves lives. Blood centers nationwide strive to always maintain three or more days of blood for routine or emergency need. Right now, many communities have two days or less, putting patient care at risk.

Be the difference in saving a life by making blood donation a habit this January and committing to donate at least twice this year.

To be eligible to donate blood you must be at least 17 years old, weigh at least 114 pounds and be in general good health. Appointments are encouraged and available by visiting sandiegobloodbank.org or by calling (619) 400-8251.

About San Diego Blood Bank

SDBB is dedicated to community health by providing a reliable supply of blood to patients in need. Our vision is to further ensure the health of our community by simultaneously delivering related health and wellness education and services and extending into research. SDBB is an

independent, 501(c)(3) non-profit that serves hospitals in San Diego, Orange, Imperial and Los Angeles counties with blood transfusion products and reference laboratory services. SDBB currently operates six local donor centers and 10 bloodmobiles. For more information about SDBB, visit www.SanDiegoBloodBank.org or connect with us on [Facebook](#) and [Twitter](#).

About ADRP

ADRP, an International Division of America's Blood Centers, has more than 800 subscribers from countries across the globe. It is an association of blood-banking professionals that provides educational opportunities and networking. ADRP educates and empowers blood banking professionals worldwide who are committed to donor recruitment, donor experience and donor management by providing a forum for networking, professional development and resource sharing. www.adrp.org

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