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**SAN DIEGO BLOOD BANK URGES COMMUNITY TO DONATE AS  
SUMMER BLOOD SUPPLY DECLINES**

*Blood and Platelet Donations Needed Prior to 4<sup>th</sup> of July Weekend*

**SAN DIEGO (June 24, 2026)** - As Independence Day approaches and blood donations decline, San Diego Blood Bank is encouraging eligible donors to make an appointment and give blood to help maintain a stable blood supply for local patients throughout the Fourth of July holiday period.

Blood and platelet donations and donor appointments are currently lower than needed to meet anticipated summer demand. Seasonal challenges—including school breaks, vacations, and changes to daily routines—typically result in fewer blood donations at a time when hospitals continue to rely on a steady blood supply for surgeries, cancer treatments, trauma care, and other lifesaving medical needs. An adequate supply must always be ready before it's needed to prevent treatment delays.

All blood types are needed, with a particular need for type O and platelet donors. Type O blood plays a critical role in emergency situations because it can be used for patients of any blood type, while platelets are essential for helping patients control bleeding and have a shelf life of only a few days.

To be eligible to donate blood, you must be at least 17 years old, weigh at least 110 pounds, and be in general good health. Eligible blood donors are encouraged to schedule an appointment at [SanDiegoBloodBank.org](http://SanDiegoBloodBank.org) or by calling 619-400-8251. With 10 donor centers and numerous mobile blood drives across Southern California, San Diego Blood Bank makes donating blood convenient and accessible for local communities.

**About the San Diego Blood Bank**

San Diego Blood Bank, also operating as Southern California Blood Bank, is a nonprofit blood and biotherapies healthcare organization dedicated to saving lives and advancing community health. As part of one of the nation's largest nonprofit blood services providers, Vitalant, San Diego Blood Bank serves hospitals throughout Southern California with a safe and reliable blood supply, specialized laboratory services, transfusion medicine expertise, and support for medical research. Through the generosity of blood donors, volunteers, and financial supporters, the organization is committed to improving patient outcomes and advancing innovation in healthcare for the communities it serves. Learn more at [SanDiegoBloodBank.org](http://SanDiegoBloodBank.org).

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