



**American  
Red Cross**

**FOR IMMEDIATE RELEASE**

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**Help Make America Stronger...Give Blood**  
**Red Cross blood donors can help keep the country prepared throughout**  
**the summer months by giving blood**

**(Southern Pines, NC)** – The United States faces a myriad of dangers, from terrorists who wish to disrupt our nation’s well-being to natural disasters that take lives and property with little or no warning. And while not everyone can chase the enemies of America across the globe or help prepare communities for the worst this summer, one thing almost everyone can do to make America stronger this summer is give blood.

“With all of the potential for trouble that we face as a nation, one of the best ways the average citizen can do his or her part to make sure America is ready for anything is to donate blood regularly, especially this summer,” said Bob Arrington, Donor Resources Development. “Every donation is important to the stability of our health care system, our national ability to respond to adverse circumstances and the health of our country as a whole. **“Patients who require transfusions need you, and America needs you, to donate blood at least once this summer.”**

Between May and September the Red Cross traditionally sees a big drop in the blood supply. Since college and high school students, who account for about 15 percent of all blood donations, are out of school and other donors leave for vacation, fewer donations are made during the summer. The need for blood, however, is ongoing and the American Red Cross Carolinas Blood Services Region must have 1,600 people give blood on each weekday to meet hospital demand. **If all eligible donors gave blood twice a year, there would never be summer shortages.**

Blood is needed by about four million people in the United States each year, and the overwhelming majority would die without it. There is no substitute for blood and volunteer donors are the only source. Everyday accident victims as well as patients with cancer, blood disorders, sickle cell anemia and other illnesses receive life-saving transfusions. The only way to be prepared, protect your neighbors and keep America strong is to have blood on hand when an emergency occurs.

Blood donors must be at least 17 years old and weigh no less than 110 pounds. It is safe to give blood every 56 days. All blood donors must show a photo ID. To find a convenient place to donate, please call **910-692-8571** or visit [www.redcrossmoorenc.com](http://www.redcrossmoorenc.com).