

Mayo Clinic Minute: The need for blood donations is now

Video	Audio
	The winter months, particularly around the holidays, tend to take a toll on the nation's blood supply.
Justin Juskewitch, M.D., Ph.D. Blood Donor Center Mayo Clinic	"Donors are busy with various holiday activities. They're traveling all over the country or world visiting family. And so they're away from the areas of the country in which they donate."
	Holiday travel is not only a reason why donations are down, it's also why the *need* is up.
	"All of the snow, ice and rain this time of year also leads to more traumas. So in the winter and summer months, we see an uptick in usage due to trauma."
	Another factor keeping people out of the donation centers – illness.
	"You're required to be healthy and well the day of your donation. And so during this time of year, as influenza and COVID-19 and RSV are circulating in our communities — and people are becoming periodically sick — that means they can't come in and meet their donation appointments as well."
	But regardless of blood type, Dr. Juskewitch encourages eligible donors to find the donation center and make a lifesaving donation.
	"Coming in and donating, and then becoming a regular donor to help be part of that continuous supply so we don't have shortages in the future, is just as important as answering a plea during urgent times."
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.