

JANUARY HEALTH BULLETIN

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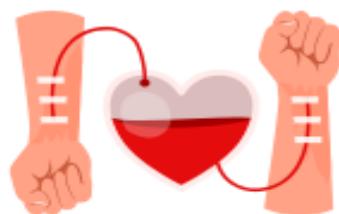
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www.marioncountyhealthdept.org



The Mission of the Marion County Health Department is to improve the quality of life through preventing disease and preventative health maintenance.



NATIONAL BLOOD DONOR MONTH

Your one blood donation can save up to three lives. Imagine the impact you could make on families in need! Join the mission to provide essential care and hope to those who need it most.

Why Donate Blood?

- **Save Lives:** Every two seconds, someone needs blood. Your donation can help accident victims, cancer patients, and those undergoing surgery.
- **Most Frequent Procedure in U.S.:** Blood transfusions are one of the most frequently performed procedures in U.S. hospitals.
- **Feel Great:** Donating blood not only helps others but also boosts your own health by stimulating blood cell production.
- **Community Support:** Be a hero in your community by supporting local hospitals and clinics.



Who Can Donate?

- Healthy individuals aged 17 and above
- Weighing at least 110 lbs
- Free from any major illnesses



For More Information:

www.blogs.cdc.gov/publichealthmatter/2021/06/blooddonorday.com

Online blood donation locator: www.aabb.org/for-donors-patients/give-blood

