


# What's Your Blood Type?

Did you know that there are eight different blood types? And each one possesses a unique power to save lives. Find your blood type and learn how to unlock the power of your blood type and save more lives right here in Western New York when you donate with  **ConnectLife**.

O-

## O Negative Blood

Widely known as the universal blood type and is in high demand in every emergency room. But what does that mean? It means that O negative red blood cells can be transfused into any patient in need at our local hospitals, no matter the recipient's blood type.

**What types of blood donation should people with O negative blood make?**

Double Red cell donation • Whole blood donation

**Important Facts About Your Blood Type**

Only **7%** of the population has O- blood.

**Fun Facts About Your Personality Based on Your Blood Type**

Type O Personality: Confident, strong-willed, judgmental, dedicated, self-determined, competitive, and goal-oriented.

O+

## O Positive Blood

O positive blood is the most common blood type. Because O positive blood is the most common, it is transfused the most often. Red blood cells and platelets are both needed from O positive donors, which means they have three different donation options.

**What types of blood donation should people with O positive blood make?**

Double red cell donation • Whole blood donation • Platelet donation

**Important Facts About Your Blood Type**

**37%** of the U.S. population has O+ blood.

**O+ red cells** can be transfused into patients with **O+, A+, B+, and AB+** blood types.

**O+ platelets** can be transfused into patients with **O+ blood**.

**Fun Facts About Your Personality Based on Your Blood Type**

Type O Personality: Confident, strong-willed, judgmental, dedicated, self-determined, competitive, and goal-oriented.

# A-

## A Negative Blood

A negative blood is a rare blood type. Only 6% of the U.S. population has A negative blood. Because A negative is rare, the true power lies in their red blood cells. Which means A negative donors have two different donation options.

**What types of blood donation should people with A negative blood make?**

Double red cell donation • Whole blood donation

**Important Facts About Your Blood Type**

Only **6%** of the U.S. population has A negative blood.  
**A- red cells** can be transfused into patients with **A-, A+, AB-, and AB+** blood types.

**Fun Facts About Your Personality Based on Your Blood Type**

Type A Personality: Obedient, careful, sympathetic, reserved, self-sacrificing, polite, willing to compromise, honest, loyal, reliable, a team player, persistent, and methodical. competitive, and goal-oriented.

# A+

## A Positive Blood

A positive blood is the second most common blood type. Which makes A positive among one of the most often transfused. The most powerful part of A positive blood is in the platelets, but red blood cells are important to donate as well, so A positive donors have two different donation options.

**What types of blood donation should people with A positive blood make?**

Platelet donation • Whole blood donation

**Important Facts About Your Blood Type**

**36%** of the U.S. population has A positive blood.  
**A+ red cells** can be transfused into patients with **A+ and AB+** blood types.  
**A+ platelets** can be transfused into patients with **O+ and A+** blood types.

**Fun Facts About Your Personality Based on Your Blood Type**

Type A Personality: Obedient, careful, sympathetic, reserved, self-sacrificing, polite, willing to compromise, honest, loyal, reliable, a team player, persistent, and methodical. competitive, and goal-oriented.

# B-

# B Negative Blood

B negative blood is an extremely rare blood type. Only 2% of the population has B negative blood. The most powerful part of B negative blood is in the red blood cells. Which means B negative donors have two different donation options.

**What types of blood donation should people with B negative blood make?**

Double red cell donation • Whole blood donation

**Important Facts About Your Blood Type**

**2%** of the U.S. population has B negative blood.

**B- red cells** can be transfused into patients with **B-, B+, AB- and AB+** blood types.

**B- platelets** can be transfused into patients with **B-, B+, O- and O+** blood types.

**Fun Facts About Your Personality Based on Your Blood Type**

Type B Personality: Cheerful, outgoing, optimistic, adventurous, active, sensitive, kind, independent, and a self-starter.

# B+

# B Positive Blood

B positive blood is a rare blood type. Only 8% of the population has B positive blood. The most powerful part of B positive blood is in the red blood cells, but platelets are important to donate as well. Which means that B positive donors have two different donation options.

**What types of blood donation should people with B positive blood make?**

Platelet donation • Whole blood donation

**Important Facts About Your Blood Type**

**8%** of the U.S. population has B positive blood.

**B+ red cells** can be transfused into patients with **B+ and AB+** blood types.

**B+ platelets** can be transfused into patients with **B+ and O+** blood types.

**Fun Facts About Your Personality Based on Your Blood Type**

Type B Personality: Cheerful, outgoing, optimistic, adventurous, active, sensitive, kind, independent, and a self-starter.

# AB- AB Negative Blood

AB negative blood is the rarest blood type of them all. Only 1% of the population has AB negative blood. They are the universal platelet donor. AB negative donors should ideally donate platelets and/or whole blood.

**What types of blood donation should people with AB negative blood make?**

Platelet donation • Whole blood donation

**Important Facts About Your Blood Type**

Only **1%** of the U.S. population has AB negative blood.  
**AB- red cells** can be transfused into patients with **AB- and AB+** blood types.  
**AB- platelets** can be transfused into patients with **any** blood type.

**Fun Facts About Your Personality Based on Your Blood Type**

Type AB Personality: Sensitive and proud, diplomatic, discriminating, easygoing, sympathetic, efficient, learns quickly, organized, and friendly.

# AB+ AB Positive Blood

AB positive is one of the rarest blood types. Only 3% of the population has AB positive blood. AB positive donor platelets are compatible with several other blood types. AB positive donors have two different options for donation.

**What types of blood donation should people with AB positive blood make?**

Platelet donation • Whole blood donation

**Important Facts About Your Blood Type**

Only **3%** of the U.S. population has AB positive blood.  
**AB+ red cells** can be transfused into patients with **AB+** blood.  
**AB+ platelets** can be transfused into patients with any **AB+, A+, B+ and O+** blood types.

**Fun Facts About Your Personality Based on Your Blood Type**

Type AB Personality: Sensitive and proud, diplomatic, discriminating, easygoing, sympathetic, efficient, learns quickly, organized, and friendly.