There are lots of ways to be part of **Canada's Lifeline**

Canadian Blood Services
BLOOD
PLASMA
STEM CELLS
ORGANS
& TISSUES

Become a regular donor.

To help meet the constant need for blood, plasma and platelets, we need new donors to join **Canada's Lifeline.**

To donate, you must:

- Be 17 years of age or older.
- In good general health.
- Carry government-issued ID or Canadian Blood Services donor card.
- Meet the height and weight requirements and other eligibility requirements. Learn more at **blood.ca/Am-I-Eligible**.

Make a financial donation.

Canadian Blood Services is a registered charity — Charitable Registration No. 870 157 641 RR0001. Give a one-time or recurring financial donation or complement your blood donation with online community fundraising. You can even create your own fundraiser and accept financial donations to **Canada's Lifeline** in lieu of gifts. Financial donations to **Canada's Lifeline** support critical programs and initiatives that connect patients with the life essentials they need to survive. Learn more at **give.blood.ca**.

Register your intent to become an organ and tissue donor and share your decision with your loved ones.

90% of Canadians say they approve of organ and tissue donation yet only 32% have registered. Learn more at **blood.ca/Organs-Tissues**.

Join our partnership program. It often takes more than one blood donor to save a life.

Together with your colleagues, we invite you to make a lifesaving difference for those who live, work and play in your organization, community and beyond. Learn more at **blood.ca/PartnersForLife**.

Register to become a potential stem cell donor or consent to donate cord blood.

Every new registrant or expectant mom who consents to donate cord blood brings hope to 100s of patients waiting for a stem cell match. Learn more at **blood.ca/StemCells**.

Volunteer your time.

Whether it's supporting blood donors, recruiting new donors, or raising awareness about the importance of blood, plasma, stem cell or organ and tissue donation, volunteers help save lives. Sign up at **blood.ca/volunteers**.

Share your story on social

If you have been impacted by blood, plasma, stem cell or organ and tissue donation, snap a selfie and share your story. Tag us **@CanadaLifeline** and use the following hashtags wherever possible: **#CanadasLifeline #BloodForLife #PlasmaForLife #StemCellsForLife #OrgansTissuesForLife** so we can like and share your post.