

# What are Platelets?

- Platelets are tiny cell fragments in our blood that form clots and stop or prevent bleeding
- Shelf life: Platelets **5-7 days** vs. Whole Blood 42 days
- Donors can give every 7 days up to 24x/year
- Donors can give between 1-3 units of platelets per donation
- All blood types can donate platelets!
- Donation takes ~2 hours
- Previously pregnant females will need a simple test before donating

This means platelets are used by a patient in a local hospital within 1 week of being donated!

