



Type O Blood Talking Points

OVERVIEW OF O+ AND O- BLOOD

- Type O blood is the most common blood type in the U.S.
- Type O blood could save the life of a cancer patient, a patient undergoing critical surgery, or someone involved in a horrific car accident.

O+ POSITIVE

- O+ blood is the most common blood type.
- 80% of the population has positive blood. 40% of the population, or 1 in 2.5 people, has type O+ positive blood.
- Hospitals transfuse o+ blood more often than any other blood type.
- O+ blood is given to patients more than any other blood type which is why it is considered the most needed blood type.
- Type O+ positive blood can be transfused to any positive blood type: A+, B+, AB+, and of course other O+.
- Patients with O+ blood can receive blood transfusions from other O+ or O- donors.
- The ideal donation types for O+ donors are whole blood or Power Red.

O-NEGATIVE

- Type O- is the universal blood type because it can be given to all blood types.
- 7% of the population, or 1 in 11 people, has type O-negative blood.
- While any blood type can receive O- red blood cells, O- plasma can only be transfused to another type O.
- Type O- red cells can be used for any patient but are especially needed for emergencies, for babies, and for those with weakened immune systems.
- Preferred donation methods: double red blood cell and whole blood.
- Doctors depend on type O blood for trauma patients and accident victims.
- Patients with an O-negative blood type can only receive O-negative blood transfusions.