

It takes only an hour to give the gift of life. First, your temperature, pulse, blood pressure, and hemoglobin (iron) levels are checked. Your health history is reviewed. Then, the nurse withdraws your blood. This process takes less than ten minutes. You'll give less than a pint, or one-twelfth of your blood supply.

Afterward, you'll be served fruit juice to help your body rebuild its blood supply. It rebuilds plasma in just a few hours and blood cells within a few weeks. All blood types are needed, and the process is quick and easy.

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Circle the best answer for each question.

1. What is the main idea of the first paragraph?
 - (1) Blood is needed constantly.
 - (2) Anemia is the main reason for blood transfusions.
 - (3) Donating blood is safe and easy and can save a life.
 - (4) You can be the source of needed blood.
2. The blood you donate can be
 - (1) broken down into parts for as many as three patients
 - (2) given whole to cancer patients
 - (3) used only by shock victims
 - (4) refrigerated for at least a year
3. You can't give blood if you
 - (1) are under 17 years old
 - (2) weigh less than 110 pounds
 - (3) have AIDS
 - (4) all of the above
4. It is impossible to get AIDS from donating blood if correct procedures are used because
 - (1) needles are used more than once
 - (2) new, clean needles are used for each person
 - (3) needles don't carry infection
 - (4) needles are shared by family members only
5. When you give blood,
 - (1) about a quart of liquid is removed from your body
 - (2) you are asked for your health history
 - (3) you can't eat or drink anything for three hours
 - (4) you'll feel weak for about a month