

**MESSAGE FROM THE
VETERANS HEALTH ADMINISTRATION**

January 18, 2024

Roll Up Your Sleeve for National Blood Donor Month

January is National Blood Donor month for a reason. Winter is a high-demand season for blood and with fewer regular donors than ever before, many of the nation's medical facilities are heading into the worst of the winter months with less than a three-day supply – far below the minimum recommended level of a week's worth.

During the pandemic, VA continued to host blood donation events with thousands of VA employees donating. We are grateful for all you have given—but we are looking to go even further in 2024.

It's easy to give at a VA facility sponsored blood drive. If your facility doesn't have a drive scheduled in January, you can go to any [American Red Cross](#) or [America's Blood Centers](#) site and donate. Let them know you're giving on behalf of VA's "Roll Up Your Sleeve" campaign and your gift of blood will be attributed to our effort and tracked.

We also need your help to recruit blood donors. Please share your donation experience on social media. Tag your local VA medical center or include #RollUpYourSleeveVA in your post, include a photo of you donating, and let your friends and loved ones know that donating is easy, safe and lifesaving.

We have an obligation to step forward to offer this support for the greater good. It also helps ensure that we are better able to support Veterans who may need blood or blood products.

Thank you for rolling up your sleeve and helping save lives.