

Who can receive your type of blood?

Normally, patients will receive blood with the same Rh and ABO groups. For example, an A- patient may receive blood from an A- donor. However, any patient can receive O- blood regardless of their blood type. The following table shows the types of blood that can be given to different recipients.

| | | Donor | | | | | | | |
|-----------|-----|-------|----|----|----|----|----|-----|-----|
| Type | | O- | O+ | B- | B+ | A- | A+ | AB- | AB+ |
| Recipient | AB+ | 🩸 | 🩸 | 🩸 | 🩸 | 🩸 | 🩸 | 🩸 | 🩸 |
| | AB- | 🩸 | | 🩸 | | 🩸 | | 🩸 | |
| | A+ | 🩸 | 🩸 | | | 🩸 | 🩸 | | |
| | A- | 🩸 | | | | 🩸 | | | |
| | B+ | 🩸 | 🩸 | 🩸 | 🩸 | | | | |
| | B- | 🩸 | | 🩸 | | | | | |
| | O+ | 🩸 | 🩸 | | | | | | |
| | O- | 🩸 | | | | | | | |

To find out where you can donate please scan the QR Code below



-  **Book now**
-  **0800 448 325**
-  **nzblood.co.nz**



O is for extra-Ordinary

Why type O Blood is so special



SAVE LIVES
GIVE BLOOD

Type O blood is in demand

If you have type O blood, you're in good company. Nearly half of the New Zealand population shares your blood type with 38% being O+ and 10% being O-.*

Type O blood is very common, which is why we always need type O donations. There's an even higher demand for type O than you'd expect because not only is it the only blood type that type O patients can receive but it is also the only blood type that can be safely given to patients of any type.

*NZ Blood Service Donor Database, August 2021

The most versatile type of blood

While doctors will normally only transfuse blood of the same type as the patient's own blood, type O blood can be safely given to patients of any blood type in emergencies and some other circumstances. This can only be done with type O blood, no other blood type has this versatility.

Type O negative can save anyone's life

In an emergency situation, O- can be safely transfused to a patient of any blood group. This is especially useful if there's no time or equipment to test a patient's blood group.

O- blood can also save the life of a newborn baby. Babies with some blood disorders may need a transfusion that is compatible with both their own blood and the blood of their mother. In this situation, doctors will often use O- blood.

Only 10% of people have O negative blood

While only a small number of donors are type O-, almost everyone can safely be given type O- blood in an emergency.

This means there is a greater demand for O- donations, so if this is your blood type please give blood as regularly as you can.

Group O blood donors are our most valued supporters

A plentiful and regular supply of group O blood is crucial to our service. As an O blood donor, we won't think you're 'ordinary'. In our eyes you're an extraordinary lifesaver!

Approximately 4,000 donations are required each week in NZ. That blood is used to save the lives of countless people throughout the country. A plentiful and regular supply of group O blood is especially vital to this service.

Some of the people who need blood are:

- Cancer patients
- Children being treated for cancer or having heart surgery
- Premature infants and newborn babies with a blood disorder
- People undergoing a bone marrow transplant
- Severe burn victims or people who have had a major accident.

How are blood groups determined?

There are eight common blood groups. These groups are determined by two systems: the ABO system and the Rh system (previously called Rhesus)

The ABO system identifies blood types by letter: O, A, B or AB, while the Rh system uses a '+' or '-' to indicate whether or not you have the Rh(D) blood group. '+' means D is present, '-' means D is absent.

A+, A-, B+, B-, O+, O-, AB+ and AB-

There are eight common blood groups in total because the ABO and Rh+ and Rh- traits are inherited independently of each other.

Frequency of blood groups in New Zealand.

