

# Facts About Blood

## The Components in Your Blood

### What are Red Blood Cells?

*Cells containing hemoglobin which pick up and deliver oxygen to all parts of the body. They can be stored out of the body for up to 42 days.*

### What is Plasma?

*Pale yellow mixture of water, proteins and salts which acts as a carrier for blood cells, nutrients, enzymes and hormones.*

### What are Platelets?

*Small cells in the blood that control bleeding. They can only be stored out of the body for up to five days.*

### What are White Cells?

*The primary defense against infection.*

### What is Fresh Frozen Plasma?

*Controls bleeding due to low levels of some clotting factors. Can be kept in a frozen state for up to a year.*

## What is in blood?

