The Journey of a Red Blood Cell

- Did you know that in one speck of blood there are about 5 million red blood cells?
- They live for about 100 days and are then replaced by other red blood cells.
- Red blood cells have an extremely important job to do. In fact, without red blood cells we would die.
- They work like a taxi picking up oxygen, transporting it around your body and dropping it off where it is needed. They then pick up carbon dioxide and take it back to your lungs where you breathe it out.
- Red blood cells travel around a huge network of blood vessels in your body that are just like roads.
- This network of blood vessels is called the circulatory system.

1. Red blood cells enter the right side of your heart.
2. They travel up to the lungs where they pick up oxygen.
3. They then travel to the left side of the heart.
4. The heart pumps the red blood cells rich in oxygen around the body.
5. The oxygen is ‘dropped off’ at different parts of the body where it is.
6. Carbon dioxide is then ‘picked up’.
7. The red blood cells take the carbon dioxide back to the right side of the heart.