

Give Blood

 **New York** *Blood Center*

1.800.933.BLOOD (2566) www.nybc.org



1 out of every 3 people will need blood during their lives.

Why should I donate blood?

Cancer and surgery patients, accident and trauma victims, newborn babies and many others need blood transfusions to survive. New York Blood Center needs 2,000 donations per day to meet the needs of patients in the hospitals that we serve.

There is no substitute for human blood and red blood cells are perishable, lasting just 42 days. Your blood donation will likely reach a patient within days and is crucial to helping maintain our community's blood supply.

OK. I'm interested. But how do I know if I qualify?

To donate blood, you must be at least 16-years-old with the attached parental permission form or 17 and older without parental permission (unless your school requires it). You must weigh at least 110 pounds, satisfy other height and weight requirements and not have already donated blood within the past 56 days. There are some medical conditions that can keep you from giving blood. Check out The Most Common Reasons For Not Being Able To Give Blood section on the back of this brochure. If you have any questions, make a confidential call to **1.800.688.0900**.

Must I show Identification?

Yes, examples include:

- Any form of identification which displays the individual's name and photograph
- A valid signed NYBC donor card

(the NYBC donor card will also be acceptable to indicate the 16 and 17-year-old donor meets the age requirement.)

- Driver's License
- Official school ID

Can I donate blood if I have my period?

Yes.

Do I need to do anything special to prepare for my blood donation?

Eat regular meals, including a hearty breakfast, and drink plenty of fluids before donating. We also encourage you to eat salty foods in the 24 hours before your donation. Read this brochure carefully, especially the section on the reverse side, **For A Better Donation Experience**. Visit our website for more information, Better Education = Better Donation Experience.

When I arrive at the blood drive, what happens first?

You will be asked to provide/verify basic information including your name, address, email address, phone numbers, gender and date of birth. You will then use our touch screen device to answer questions about your health history to ensure that you are eligible to donate blood. Your hemoglobin will be determined from a drop of blood from your finger. Your blood pressure, pulse and temperature will also be checked.

Your blood donation will save someone's life.

What kind of blood donations can I make and how long will it take?

There are two types of donations you can make at your blood drive.

• Whole blood

A pint of blood is donated which includes red cells, platelets and plasma. Your body has between 8 and 12 pints of blood. From start to finish, plan on spending an hour at the blood drive with the actual donation procedure taking 10-12 minutes. After donating, your blood volume is replaced within 24 hours and red blood cells are replaced completely over several weeks. You can donate blood every 56 days.

• Red cells

Meet Alyx®! Alyx® is technology which allows you to donate two units of red blood cells during one donation. During this automated procedure only your red cells are collected and your platelets and plasma are returned to you. You also receive saline solution (salt water) to replace the volume of red cells collected. Special height, weight and hemoglobin requirements apply to this type of donation. You can donate on Alyx® again in 112 days.

Other benefits of automated donation include:

- Help two patients who require red blood cell transfusions with a single donation

Donors who donate on the automated technology must sign an additional consent form at the time of donation.

How long will it take and what happens afterward?

Plan to spend about an hour at the blood drive. After any type of donation, you'll rest and enjoy refreshments.

How soon after donating can I get back to my routine?

After you give blood, you will relax and have a snack. You can then resume normal activity as long as you feel well. Just avoid lifting, pushing heavy objects or engaging in strenuous exercise for at least 24 hours after giving blood.

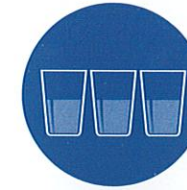
What happens to my blood after donating?

After donation, your blood will be tested for blood type, hepatitis, HIV (AIDS virus), HTLV (a virus that may cause blood or nerve disease), Chagas, West Nile virus and syphilis. It is then separated into components, such as red cells, plasma and platelets, that can help several patients.

How often can I give blood?

You can give whole blood every 56 days.

For a better donation experience



STEP 1

Day before...

HYDRATE

Increase your fluids the day before donating.



STEP 2

Evening before...

EAT SALTY SNACKS

Increase your salt intake the evening before donating.



STEP 3

Night before...

GET SLEEP

Get a good night's sleep prior to donation day.



STEP 4

Morning of...

EAT BREAKFAST

Eat a well balanced breakfast the morning of your donation.



STEP 5

Right before...

HYDRATE

Drink water right before your donation.



After your donation... IRON

When you donate blood, you lose some iron. We recommend that you take a multivitamin with iron or an iron supplement to replace it.

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 **New York** Blood Center

The most common reasons for not being able to give blood.

TEMPORARY REASONS

Condition	Length of time before you can give blood
Not feeling well for any reason	Until symptoms are gone
Cold, sore throat, respiratory infection, flu	Three days after symptoms are gone
Travel to an area of the world where malaria is prevalent	12 months after return
Have had problems with heart or lungs	Contact us regarding medical eligibility at 1-800-688-0900
Ears, nose or skin piercing	12 months after procedure unless done under sterile conditions
Tattoos	Acceptable in some states and municipalities. Contact us regarding medical eligibility at 1-800-688-0900
Blood transfusion	12 months after receiving blood
Pregnancy, abortion or miscarriage	Six weeks after end of pregnancy
Syphilis, gonorrhea	12 months after treatment completed
Have had certain forms of cancer	Contact us regarding medical eligibility at 1-800-688-0900
Surgery, serious injury	When healing is complete and feeling well
Have had sex with or lived with someone who has viral hepatitis	12 months after last occurrence
You are a man or woman who has had sex with someone who: <ul style="list-style-type: none">• Has used illegal drugs with a needle• Ever had a positive test for HIV (AIDS virus)• Had sex for money or drugs• Is a man who had sex with another man in the past 12 months	12 months after last occurrence
You are a man who has had sex with another man	12 months after last occurrence

Medications	Length of time before you can give blood
Antibiotics (except antibiotics for acne) if taken for infection	When treatment is complete
Accutane, Absorica, Amnesteem, Claravis, Myorisan, Sotret, Zenatane, Propecia and Proscar	One month after taking last dose
Avodart, Jalyn	Six months after taking last dose
Soriatane	Three years after taking last dose
Coumadin	Seven days after taking last dose

PERMANENT REASONS

Please do not give blood if you:

1. Have used illegal drugs with a needle, even once
2. Are a hemophiliac
3. Have ever had a positive test for HIV (AIDS virus)
4. Are a person who has ever received money or drugs for sex
5. Have had babesiosis
6. Have taken Tegison for psoriasis
7. Have hepatitis B or C

Notes:

- Most people with diabetes, and most people on medications other than those noted above, are eligible to donate blood. For specific medical eligibility guidelines, call us at **1.800.688.0900**.
- People who have been in certain countries outside the United States may be deferred depending on the country and the length of time spent there.
- The reasons for not being eligible to donate blood may have changed after this brochure was printed.
- Most donors tolerate giving blood well, but on occasion reactions and complications may occur. Please read the information provided in this brochure to help you have the best donation experience.

An Urgent Request:

Please do not give blood just to find out your HIV (AIDS virus) test results. If you need information on where to go for confidential HIV testing, please call your local health department.