

BLOOD DONOR QUALIFICATIONS

AGE: 16 years or older. First time donors over the age of 65 must have permission from their doctor.

WEIGHT: Minimum of 110

MEDICAL HISTORY:

You **may not** donate blood if you have had:

- * Hepatitis
- * Cancer (other than minor skin cancer)
- * Diabetes requiring insulin
- * Heart, lung, kidney, liver, or stomach disease may or may not prevent you from donating. Contact the blood bank for more information.

You may be temporarily deferred if you have had:

- * Recent flu or current cold, sore throat, or fever
- * Close contact with a person with Hepatitis in the last 12 months
- * **Tattoo, ear, or skin pierced in the past 12 months**
- * Active infection or disease presently requiring prescribed medication.
- * Vaccinations in the past 24 hours (allergy injections 48 hours and flu shots 2 weeks)
- * Blood transfusion in the past 12 months
- In the past 3 years lived in, or in the past 12 months, visited a malaria endemic area
- * Spent a total time of 3 months, visiting or living in the United Kingdom from 1980 through 1996 Or 6 months associated with the military in Belgium, the Netherlands, Germany, Spain, Portugal, Turkey, Italy or Greece.

People in the following high-risk groups for AIDS **may not** donate blood:

- * People with clinical or laboratory evidence of the AIDS virus infection
- * Past or present I.V. drug users
- * People who engage in sex for money or drugs
- * Men who have had sex with another male, even a single time
- * Anyone with hemophilia who have received clotting factor concentrates
- * Sexual partners for people in the above categories

FOR YOUR INFORMATION:

It is required that you **eat** a meal within four hours of donating blood

* If you are taking vitamins, hormones, birth control pills, or medications for high blood pressure, you may donate unless underlying health history indicates otherwise. (Many medications are acceptable, so please check with us before declining to donate.)

* We will ask for you Social Security number for identification purposes, so please bring your driver's license for positive picture ID. (FOR HIGH SCHOOL DRIVES - If student does not have picture ID the day of the drive, the school's office must identify the student and verify DOB. **Parental consent forms must be signed by a legal guardian for all high school students.** Minimum age to donate is 16 years of age with signed parental consent.)

SOME FACTS ABOUT BLOOD

- * An adult body contains 10-12 pints of blood.
- * It takes about 6-10 minutes to donate a pint of blood and 24 hours for your body to replace the body fluid volume. The red cells may take up to two months for full restoration.
- * One unit of blood can be separated into components and used to treat up to three patients.
- * Whole blood has shelf life of 35 days. Red blood cells last 42 days, platelets only five days and plasma up to one year.
- * The common blood type is O positive (38% of the population). The most rare blood is AB negative (<1%).
- * An average healthy person will be eligible to give blood more than 330 times in his or her lifetime.
- * Every 3 seconds, someone needs blood. Every minute, patients use more than 36 units of blood or blood products. Every day, approximately 40,000 units of blood are used throughout the country. For almost 60 years, Americans have been donating blood for patients who need transfusions. The demand for blood is greater today than ever as the nation's supply needs constant replenishment. An estimated 8 million people donate blood in the United States each year.
- * However, many more donors are needed as accident victims, people undergoing surgery, and patients receiving treatment for leukemia, cancer or other diseases, such as sickle cell disease and thalassemia, all utilize blood. More than 23 million units of blood and blood components are transfused each year.
- * Despite the growing need for donors, less than 5% of healthy Americans eligible to give blood actually donate each year. Giving blood saves lives. Although scientists are working to develop alternatives, there are no substitutes.

ANSWERS

TO THE MOST COMMONLY ASKED QUESTIONS ABOUT DONATING BLOOD

Will it hurt?

There's very little discomfort involved. For example, How about trying a pinch test? Bend your elbow slightly, grab a bit of the skin on the inside of the bend, and pinch it lightly between your thumb and forefinger. Donors say this comes close to what it feels like to give blood.

Will I feel dizzy?

Probably not. Every precaution is taken before, during and after your donation to ensure that you will be a suitable candidate for donating. After you've donated, there will be refreshments served to restore your energy.

Is it safe to run and exercise after donating?

Yes, provided you feel up to it. Most donors are able to resume their normal daily activities. However, donors are cautioned not to engage in extremely rigorous activities.

Should I eat before donating?

Yes, **you definitely need to have eaten something substantial within the last 4 hours to donate. For example, sausage biscuit, cheese omelet, French toast, bowl of cereal, sandwich, or a burger.**

Are there weight requirements?

All donors must weigh a minimum of 110 pounds.

What if I'm anemic?

Anemia is not always a permanent condition. Therefore, unless you are under a physician's care for anemia, you are probably a suitable donor. If you are still in doubt, sign up to donate anyway. The blood bank's staff routinely perform a hematocrit test on prospective donors to make sure they can safely donate. The test is conducted on a blood sample taken from the donor's finger.

Are diabetics acceptable donors?

Those controlled by diet and exercise are acceptable. Those taking oral medication may donate with permission from the blood bank's medical director. Diabetics taking insulin must check glucose levels carefully day of donating.

How much blood do you take?

Approximately 1 pint.

How long does it take to replace the blood I've donated?

The body acts immediately to restore the blood that's given. Fluid stored in the tissues returns to the blood stream, and the red blood cell production speeds up. A donor's blood volume is restored in several hours to a few days. The red blood cells replace themselves more slowly, but their volume is restored well within the interval required between donations.

Can I get AIDS from donating?

No, you cannot get AIDS from donating blood. We use a new and sterile needle and bag system for each and every donor that donates.



JMH Blood Bank

Blood Drive

HOSTED BY:



Wednesday
September 17, 2008
10:00 AM- 4:00 PM

Abingdon Professional Center
Exit 17

*“In giving blood we help all
of our cancer patients...”*

**FOR MORE INFORMATION OR
TO REGISTER AS A DONOR,
PLEASE CONTACT:**

Cindy Chesney
Cancer Outreach
276.676.1867

www.canceroutreach.com/blood.pdf

All Blood Types In
URGENT NEED!!
276.676.7175
www.jmh.org/blood