

## Facts About Blood Needs:

- Approximately every two seconds, someone in America needs blood.
- More than 38,000 blood donations are needed every day to treat patients in need.
- Just 38 percent of the population is eligible to give blood, and only a fraction of those people actually do.
- The need for blood transfusions is far outpacing actual blood donations.
- One blood donation could help save the lives of up to three people.
- The Red Cross is the single largest blood supplier in the United States.
- The Red Cross supplies blood products to about 3,000 hospitals nationwide.
- Eighty percent of the blood donations made through the Red Cross are at drives set up at community organizations, businesses, schools and churches. The remaining 20 percent are made at blood donation centers.

You can donate at an American Red Cross blood drive or blood donation center.

Call **1-800-RED CROSS | 1-800-733-2767**  
or visit **redcrossblood.org** to schedule an appointment.

Contact Your Blood Drive Coordinator or Locate a Red Cross Blood Donation Center Near You!

### Blood Donation Centers:

#### Asheville\*

100 Edgewood Road  
Asheville, NC 28804

#### Cary

3700 Regency Parkway  
Suite 150  
Cary, NC 27518-8506

#### Charlotte\*

2425 Park Road  
Charlotte, NC 28203

#### Durham\*

4737 University Drive  
University Place #3  
Durham, NC 27707

#### Greensboro

1501 Yanceyville Street  
Greensboro, NC 27405

#### Huntersville\*

9800 W. Kinsey Avenue  
Suite 110, Calhoun Bldg.  
Huntersville, NC 28078

#### North Raleigh

8301 Bandford Way  
Raleigh, NC 27613

#### Raleigh

100 North Peartree Lane  
Raleigh, NC 27610

#### Wilmington

1102 S. 16th Street  
Wilmington, NC 28401

#### Winston-Salem\*

650 Coliseum Drive  
Winston-Salem, NC 27106

#### Johnson City

2203 McKinley Rd.  
Suite 219  
Johnson City, TN 37604

\* Location also has a platelet donation center

### We are the American Red Cross

Governed by volunteers and supported by giving individuals and communities, the American Red Cross is the single largest supplier of blood products to hospitals throughout the United States. While local hospital needs are always met first, the Red Cross also helps ensure no patient goes without blood no matter where or when they need it. In addition to providing more than 40 percent of the nation's blood supply, the Red Cross provides relief to victims of disaster, trains millions in lifesaving skills, serves as a communication link between U.S. military members and their families and assists victims of international disasters or conflicts.

# The Basics of Blood Donation



**American Red Cross**

The need is constant.  
The gratification is instant.  
Give blood.™



Joshua  
American Red Cross  
blood donor since 1990.

Jackie  
American Red Cross  
blood donor.

## Why Should You Give Blood?

Blood is a special gift that each of us holds. By sharing it, you can give someone another chance at life.

## How Often Can You Give?

- Most healthy persons can give:
  - blood every 56 days.
  - double red cells donation every 112 days.

## Who Is Eligible To Donate Blood?

Individuals who are 17 years of age (16 with parental permission in some states), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements. For more information about eligibility, please visit us at [redcrossblood.org](http://redcrossblood.org) or call 1-800-RED CROSS (1-800-733-2767).

## What Should You Do Before Donating?

Donating blood will not alter your daily routine in any significant way. We suggest that you do the following things before donating to help you have a great donation experience:

- **Get a good night's sleep.**
- **Eat a well-balanced, nutritious meal.**
- **Drink lots of fluids 48 hours before donating.**

## Did You Know?

- Blood is a perishable product that can only come from generous volunteer blood donors.
- The average adult has 10 to 12 pints of blood in their body.
- Nearly 5 million people need blood transfusions each year.
- One in 10 persons entering the hospital needs blood.
- The American Red Cross supplies over 40% of the nation's blood.

## How Is Blood Used?

A single blood donation can be separated into components, which can help more than one person:

- Red blood cells help accident victims and surgery and anemia patients.
- Platelets help the blood clot and are often used for cancer patients undergoing chemotherapy.
- Plasma is often used to treat patients suffering from burns, shock or bleeding disorders.

## Why Is Type O Blood Important?

If you are type O negative, patients of all blood types can use your blood in emergencies. Your blood donation is critical! If you are type O, please consider donating four times a year.

## Is Giving Blood Safe?

You **cannot** contract any infectious diseases, including AIDS, by donating blood.

- Donating is a safe, quick and easy process. Needles, bags and tubing are used only once for your donation then discarded.
- Fluid volume (plasma) will be replenished in about 24 hours, platelets in a few days and red cells in a few weeks.

## What Is Donating Blood Like?

Donating blood is simple and takes about an hour from start to finish. Here's the process:

- **Registration:** We'll complete a form and ask for your donor card or picture ID.
- **Mini-Physical and Confidential Health History:** We'll check your pulse, temperature, blood pressure and iron to make sure it is safe for you to give. We'll also ask you detailed questions about your health.
- **Donating:** Actual donation time is about 6 to 12 minutes.
- **Refreshments:** Enjoy cookies and juice in our refreshment area after your blood donation.



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Red Cross**

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**Visit [RedCrossBlood.org](http://RedCrossBlood.org) to learn more about blood, donation opportunities and how you can help save lives.**

# COMMON DONOR ELIGIBILITY QUESTIONS



The following are eligibility questions commonly asked by people who are considering blood donation. Additional eligibility criteria are further explained in the eligibility section of [redcrossblood.org](http://redcrossblood.org), and some state laws may apply. A person with an eligibility question should contact the American Red Cross Donor and Client Support Center at 1-866-236-3276. It is important to remember that these are examples and final donor suitability is determined at the collection site on the day of donation using standards in place at that time.

**AGE:** A person must be at least 17 years of age (or 16 where state law permits); parental consent requirements vary by state but is always required of 16 year old donors. There is no upper age limit for donation; however, some states may require medical approval for donors over age 75. Call the Donor and Client Support Center at 1-866-236-3276 for state-specific age information or visit [redcrossblood.org](http://redcrossblood.org) and enter your zip code to print the parental consent form, if required.

**ALLERGY:** A person may donate as long as he or she feels well, has no fever, and has no problems breathing.

**ASTHMA:** A person may donate as long as he or she is not having difficulty breathing at the time of donation and otherwise feels well. Medications for asthma do not disqualify a person from donating.

**BLOOD PRESSURE:** A person's blood pressure must be between 80/50 and 180/100 at the time of donation. High blood pressure medications are acceptable for donation.

**BLOOD TRANSFUSION:** A person who has received a blood transfusion from a person in the U.S must wait 12 months to be eligible to donate. A person is not eligible to donate if he/she received a blood transfusion in certain countries in Africa since 1977 or since 1980 in the United Kingdom or France. Call the Donor and Client Support Center at 1-866-236-3276 for a listing of countries.

**CANCER:** A person with a history of leukemia, lymphoma or Hodgkin's disease is not eligible to donate. A person with other forms of cancer may be eligible if twelve months have passed since the last treatment, with no recurrences or active disease. A person with low risk cancer (e.g., squamous or basal cell skin cancers) that has been completely removed is eligible. A person with a precancerous condition of the uterine cervix, cervical carcinoma in-situ, that have been treated successfully may be eligible.

**CHRONIC FATIGUE SYNDROME:** A person who has been diagnosed by his or her physician as having chronic fatigue syndrome is not eligible to donate.

**COLD, FLU, SORE THROAT:** A person with a fever, productive cough, or other acute cold symptoms should wait until he/she feels well enough to donate. A person who has completed antibiotic treatment for and has recovered from sinus, throat, or lung infection may donate. Mild nasal congestion, a dry cough, or allergies are acceptable.

**DENTAL PROCEDURES AND ORAL SURGERY:** There is no waiting period after fillings, cleanings, root canals, scalings, or extractions, if no infection is present. A person should wait until finishing antibiotics for a dental infection or wait 3 days after oral surgery.

**DIABETES:** A diabetic person is eligible to donate if the disease is well controlled by diet, non-bovine insulin or oral medications. A diabetic person who received bovine insulin manufactured in the United Kingdom is permanently ineligible to donate.

# COMMON DONOR ELIGIBILITY QUESTIONS



**DONATION INTERVALS:** A whole blood donor may donate every 56 days. A double red-cell donor may donate every 112 days. A platelet donor may donate as often as every 7 days, up to a maximum of 24 times a year. A person may donate any combination of these procedures, but the donation interval will vary.

**HEART DISEASE:** In general, a person is eligible if he/she has been medically evaluated and treated, has no current (within the last six months) heart-related symptoms such as chest pain, and has no limitations or restrictions on activities of daily living. A person must wait at least six months following an episode of angina, congestive heart failure, cardiomyopathy, heart attack, or surgery (coronary artery bypass graft, angioplasty, stent placement). A donor with a pacemaker may donate as long as the pulse rate is between 50 and 100 beats per minute at the time of donation.

**HEPATITIS:** A person who has had unexplained jaundice or who, since age 11, has had infectious hepatitis caused by a virus, including hepatitis with cytomegalovirus (CMV), hepatitis with Epstein-Barr virus (EBV) associated with infectious mononucleosis is not eligible to donate. A person who has tested positive for hepatitis B or hepatitis C at any age is not eligible, even if the person was never sick or jaundiced from the infection. A person who has had jaundice or hepatitis caused by something other than a viral infection is eligible.

**IMMUNIZATION, VACCINATION:** There is no deferral period for these vaccinations: routine flu or H1N1; pneumococcal pneumonia; human papilloma virus (HPV); meningococcal meningitis; tetanus; diphtheria, pertussis, tetanus (DPT).

A person must wait two weeks after immunization for red measles (rubeola), mumps, polio (by mouth) and yellow fever.

A person must wait 21 days after immunization for hepatitis B (as long as there was no exposure to hepatitis).

A person must wait 4 weeks after immunization for German measles (rubella); measles, mumps and rubella (MMR); chicken pox; and shingles.

Other vaccinations (e.g., smallpox) require individual assessment by a Red Cross staff member.

**MEDICATIONS:** In general, most medications are acceptable, including over-the-counter oral homeopathic medications, herbal remedies and nutritional supplements. Call the Donor and Client Support Center at 1-866-236-3276 for the designated waiting periods following the last dose of the following medications: Accutane; Amnesteem; Claravis or Sotret (isoretinoin); Proscar or Propecia (finasteride); Avodart (dutasteride) or Jalyn; Coumadin (warfarin), heparin, or other prescription blood thinners; hepatitis B immune globulin; human pituitary-derived growth hormone; Soriatane (acitretin); Tegison (etretinate) or aspirin, Feldene (piroxicam). Clopidogrel, Plavix, Ticlid, or Ticlopidine.

**PIERCING (ear, body):** A person may be eligible if the instrument used for the piercing was sterile or single-use. If there is any question, a person must wait 12 months. This also applies to acupuncture and electrolysis.

**PREGNANCY:** A pregnant woman is not eligible to donate. A woman may donate six weeks after the end of pregnancy, and a nursing mother is eligible to donate.

**SURGERY:** A person may donate if he/she has returned to normal activity, feels well, and the underlying illness is not a disqualifying factor. A person with a sutured minor cut and/or laceration may donate if there is no infection.

# COMMON DONOR ELIGIBILITY QUESTIONS



**TATTOO:** A person may donate if the tattoo was applied at a state-regulated facility that uses sterile needles and single-use ink. A person must wait 12 months after having a tattoo applied in a facility that is not state-regulated, regardless whether sterile ink and needles were used. A number of websites include state-specific information about the regulation of facilities.

**TRAVEL OUTSIDE THE U.S.:** Travel restrictions vary widely, and the following are more common restrictions. For specific areas of travel, call the Donor and Client Support Center at 1-866-236-3276.

A person may donate who has traveled to a non-risk area of a malarial risk country and is free of unexplained symptoms suggestive of malaria.

A person must wait twelve months after travel to a malarial risk area or Iraq.

A person must wait three years after the date of departure after having lived five years or more in a risk country or in a non-risk area within a malarial risk country.

A person is permanently ineligible after the following travel:

- between 1/1/80 and 12/31/96, a total of 3 months or more in the United Kingdom (England, Scotland, Wales, Northern Ireland, Isle of Man, Channel Islands, Gibraltar, Falkland Islands)
- between 1/1/80 and 12/31/90, a total of 6 months or more on or associated with a U.S. military base in Belgium, Netherlands (Holland) or Germany
- between 1/1/80 and 12/31/96, a total of 6 months or more on or associated with a U.S. military base in Spain, Portugal, Turkey, Italy or Greece
- a total of 5 years or more in Europe
- the person or a sexual partner was born in or lived for one year or more since 1977 in Cameroon, Central African Republic, Chad, Congo, Equatorial Guinea, Gabon, Niger, or Nigeria

**WEIGHT / HEIGHT:** Most donors must weigh at least 110 pounds, with two exceptions.

- Double red cell donation: Height and weight criteria differ, depending on the equipment used. A person should call the local blood donation center for more information.
- Young donors: A person who is 18 years of age or younger and all student donors at high school blood drives must also meet additional height and weight requirements, per the following charts.

Young male donors must weigh 110 pounds or more, depending on their height according to the following chart:

If you are	4' 10"	4' 11"	5' or taller
You must weigh at least	120	115	110

Young female donors must weigh 110 pounds or more, depending on their height according to the following chart:

If you are	5' 1"	5' 2"	5'3"	5'4"	5'5"	5' 6" or taller
You must weigh at least	133	129	124	118	115	110

Young females who are shorter than 5'1" may still be eligible to donate blood. Call the Donor and Client Support Center at 866-236-3276 to ask about eligibility.



# TYPE O ALERT

## **SPONSOR ALERT: Type O Negative Blood Donors Needed**

You are already a hero for sponsoring an American Red Cross blood drive. However, you can make your impact on the blood supply even greater by recruiting as many type O negative blood donors as possible. Now that summer is here the supply of type O negative blood at the American Red Cross has dropped significantly.

As a blood drive coordinator, you can assist by reaching goal on your upcoming drive. Make an effort to offer special encouragement to type O negative donors leading up to your drive. You may request type O-specific materials from the Red Cross to assist you in your recruitment efforts. If double red cell donation is available at your blood drive, encourage those type O negative donors who meet the eligibility requirement to consider doubling the difference they can make with a double red cell donation.

Type O negative donors must still meet all requirements to be an eligible donor, and there are specific eligibility requirements for double red cell donation.

Be sure to contact your American Red Cross representative with any questions or requests for assistance.

Let your donors know:

- Type O negative is always in high demand because it can be transfused to patients with any blood type, especially in emergency situations.
- Type O negative donors can make the difference between an adequate blood supply and a summer shortage.
- If a type O negative donor cannot donate at your blood drive, encourage the donor to visit the closest Red Cross blood donation center.

**Visit [redcrossblood.org](http://redcrossblood.org) or call 1-800-RED CROSS today to schedule an appointment.**

