

## **DEAR POTENTIAL DONOR:**

This information sheet explains how YOU can help us make the donation process safe for yourself and patients who might receive your blood.

## **PLEASE READ THIS INFORMATION BEFORE YOU DONATE!**

### **ACCURACY & HONESTY ARE ESSENTIAL!**

Your complete honesty in answering all questions is very important for the safety of patients who receive your blood. All information you provide is confidential.

**DONATION RISKS (These are not common)** Some of the risks and/or problems associated with donating include: Itching at the site from an allergy to iodine, bruising (hematoma), pain or nerve damage at the site, dizziness or lightheadedness, nausea and/or vomiting, rapid pulse rate, convulsions or cardiac arrest.

## **DONOR ELIGIBILITY**

### **YOU MAY DONATE IF YOU:**

1. Are 17 years old or older (16 with parental permission)
2. Are in good health
3. Have no significant heart disease
4. Have had no exposure to hepatitis, AIDS or any other disease that may be passed by blood.
5. Have not donated whole blood in the past 8 weeks
6. Have not donated double red cells in the past 16 weeks

### **YOU MAY NOT DONATE IF YOU:**

1. Have had AIDS or a positive HIV test
2. Have participated in activities that put you at risk for acquiring AIDS, including:
  - Any male who has had sexual contact with another male, even once since 1977
  - Anyone who has ever taken money, drugs or other payment for sex since 1977
  - Past or present IV drug users (including steroids)
3. Have had sex in the last 12 months with anyone who participated in the high risk activities listed above

4. Have any of the following conditions that can be signs or symptoms of HIV/AIDS:
  - Unexplained weight loss or night sweats
  - Blue or purple spots in your mouth or skin
  - Swollen lymph nodes for more than one month
  - White spots or unusual sores in your mouth
  - Cough that won't go away or shortness of breath
  - Diarrhea that won't go away
  - Fever of more than 100.5°F for more than 10 days
5. Have had hepatitis since your 11<sup>th</sup> birthday
6. Had syphilis or gonorrhea in the past 12 months
7. Have been in juvenile detention, lockup, jail or prison for more than 72 hours in the last 12 months
8. **Had a tattoo or body piercing in the last 12 months.**

Remember that you CAN give HIV to someone else through blood transfusions even if you feel well and have a negative HIV test. This is because tests cannot detect infections for a period of time after a person is exposed to HIV. If you think you may be at risk for HIV/AIDS or want an HIV/AIDS test, please ask for information about other testing facilities.

### **Why we ask questions about sexual contact (as required by federal regulations)**

Sexual contact may cause contagious diseases like HIV to get into the blood stream and be spread through transfusions to someone else.

Definition of "sexual contact": the words "have sexual contact with" and "sex" are used in some of the questions we will ask you, and apply to any of the activities listed below, whether or not a condom or other protection was used:

1. Vaginal sex (contact between penis and vagina)
2. Oral sex (mouth or tongue on someone's vagina, penis or anus)
3. Anal sex (contact between penis and anus)

**Travel to or Birth in Other Countries:** Blood donor tests may not be available for some contagious diseases found only in certain countries. If you were born in, have lived in, or visited certain countries, you may not be eligible to donate

**PLEASE DO NOT DONATE TO GET AN HIV TEST!**

## **DONATION PROCESS**

1. *Registration:* **PHOTO ID** must be presented prior to donation to identify you at every donation.
2. *Interview:* to determine if you are all right to donate we will:
  - Ask questions about health, travel and medicines.
  - Ask if you are 17 years old or older and weigh at least 110 pounds
  - Ask questions to see if you might be at risk for hepatitis, HIV or AIDS
3. *Mini-physical*
  - Take your blood pressure, temperature and pulse.
  - Take a small blood sample to make sure you are not anemic
4. *Phlebotomy*
  - You will be seated in a donor chair, a tourniquet will be applied to your arm, and a suitable vein located.
  - The site will be cleaned with an antiseptic
  - A sterile needle will be gently inserted into your vein and the blood will be collected in a sterile bag for 5-15 minutes
  - After donation, a pressure bandage will be applied to the site and you may rest and enjoy some refreshments.

### WHAT HAPPENS AFTER YOUR DONATION:

1. Your blood is tested for: hepatitis B and C, HIV, HTLV (associated with a virus that causes leukemia), West Nile Virus and Trypanosoma Cruzi (causes Chagas disease), syphilis, and blood type.
2. If your blood tests positive it will not be given to a patient. Your blood will be discarded.
3. You will be notified about test results that may disqualify you from donating in the future. Since confirmatory tests are necessary, it may take up to six weeks before notification.
4. If your blood tests positive, your name will be put on a confidential list of deferred donors. When required, CBB will report your donor information, including test result, to health departments and regulatory agencies as required by law.
5. In some instances, such as when not enough blood is taken for a sample, testing for infectious diseases is not possible. You cannot assume your results are negative because testing may not have been performed. If testing cannot be performed, your unit of blood will be discarded.
6. To ensure confidentiality, NO test results (including blood type) will be given by phone. Written approval from you will be required before test results are released.

### West Nile Virus Recommendation:

The Food and Drug Administration has recommended that you report to CBB any flu-like symptoms along with a fever that occur within 14 days of your donation. Flu-like symptoms are defined as:

- Headache or body ache
- Nausea or vomiting
- Eye pain
- Skin rash on trunk of body (occasionally)
- Swollen lymph glands

### CARE AFTER DONATING

When you donate blood, your body needs a few minutes to adjust to the slight change in blood fluid volume. It is important to follow these instructions:

1. Remain lying on the donor chair until a staff member releases you to the refreshment area.
2. Remain in the refreshment area for at least 10 minutes. Enjoy juice, pop or coffee and a snack. If you cannot stay, please notify donor room staff.
3. Drink more fluid than usual and eat heartily for today.
4. Avoid drinking alcohol for 24 hours
5. Avoid smoking for 2 hours
6. Refrain from strenuous exercise for 24 hours. If safety risks are a normal part of your routine, ask a donor room staff member how long you should wait before resuming regular activities.
7. If you become light-headed or dizzy, lie down until the feeling disappears. If the feeling continues, contact CBB or your physician.
8. Leave your bandage in place for 4 to 5 hours. This will help to prevent bruising. If your arm starts bleeding again, apply direct pressure and elevate your arm.

**If after donating, you realize that you should not have donated because of previous risk factors, behaviors, or diseases, *YOUR BLOOD MUST NOT BE USED FOR TRANSFUSION!***

### PLEASE CONTACT CBB IMMEDIATELY.

If you become ill within the next 72 hours, or think of any reason your blood should not be transfused, please call Community Blood Bank at 814-456-4206, ext. 101 or toll free 877-842-0631

***THANK YOU FOR GIVING  
THE  
GIFT OF LIFE!***



[www.ourdonorssavelives.org](http://www.ourdonorssavelives.org)

## **YOUR BLOOD DONATION**

***PHOTO ID IS REQUIRED  
TO DONATE***

### **Community Blood Bank Hours**

**2646 Peach Street,  
Erie, PA 16508  
Phone: 814-456-4206  
Toll Free: 877-842-0631  
M-F 8:00am - 6:00pm,  
Sat. 9:00am - 12:30pm**