

BE A HERO—DONATE BLOOD!

Blood Donation is an important way for healthy people to help their community. Community Hospital needs blood every day for stroke patients, cancer patients, unexpected surgeries, and accidents. Blood cannot be manufactured—the only way to keep up with the demand is through regular blood donations from healthy volunteer donors. You can help by donating blood. But before you do, here are some “Do’s and Don’ts” for blood donation.

DO

- Be in good health—no cold or flu symptoms, sore throat, or high-risk factors.
- Weigh at least 110 pounds; 16-year-olds must weigh at least 120 pounds.
- Complete a parental consent form if you are 16 years old (not required for 17-year-olds and older).
- Drink plenty of fluids and eat well at least 4 hours before donation.
- Have photographic identification (for first-time donors) and know your Social Security Number or present a legal ID.
- Make a list of all countries traveled to (except U.S. and Canada) in the last 3 years. Indicate month and year of *return*.
- Make a list of vaccines or shots received in the last 8 weeks.
- Make a list of current medications.

DON'T

- Donate if you are at risk for HIV or hepatitis.
- Donate on an empty stomach—eat well and drink fluids before donation.
- Drink energy (high caffeine) drinks before donating.
- Do heavy exercise after donation.
- *Donate just for an AIDS test!*
- Have a current infection requiring antibiotics.
- Have symptoms of illness, including cold or flu symptoms.
- Donate if you’ve had a tattoo and/or *self*-pierced body parts within the last year. (Note: piercing by a professional in a sterile environment is OK.)

POSSIBLE CAUSES FOR DEFERRAL

- Hepatitis or HIV exposure
- IV drug use -- EVEN ONCE
- Malaria exposure
- Recent surgery
- Some types of cancer
- Certain medications (but aspirin or ibuprofen such as Advil are okay.) See the Medication Deferral List.

NOTE: There is a 24 hour deferral from the time of either the seasonal flu vaccine or H1N1 vaccine.

QUESTIONS? CALL THE BLOOD CENTER: 625-4814