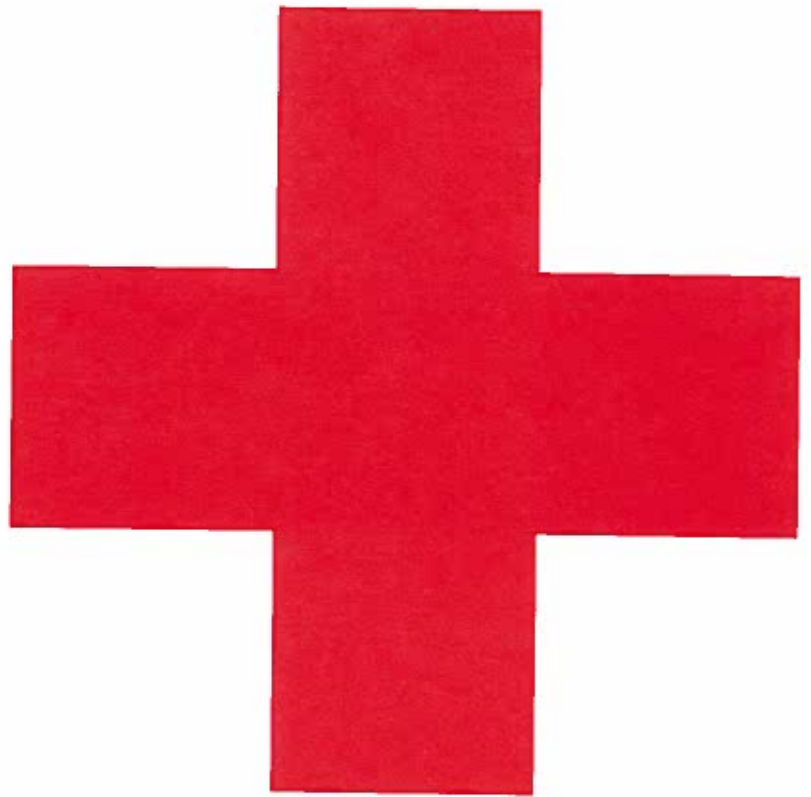


*Give blood.*

Every 2 seconds someone  
in the U.S. needs blood.

**American Red Cross**



**Blood Drive**  
**Wray Community**  
Round House

**Wednesday, September 19, 2018**  
**11:00 AM to 5:00 PM**

Please contact Susan Kamla at 970-630-6906 or visit [redcrossblood.org](http://redcrossblood.org) and enter:  
wrayco to schedule an appointment.



Scan to schedule  
an appointment.

1-800-RED CROSS | 1-800-733-2767 | [redcrossblood.org](http://redcrossblood.org) | Download the Blood Donor App

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**American  
Red Cross**

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 since 1980 in the United Kingdom or France.

**CANCER:** A person with a history of leukemia, lymphoma or Hodgkin's disease and other cancers of the blood are 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 has been treated successfully may be eligible.

**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 and 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.



## American Red Cross

**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; 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, Absorica, Amnesteem, Claravis, Myorisan, Sotret, or Zenatane (isoretinoin); Proscar or Propecia (finasteride); Avodart or Jalyn (dutasteride); Coumadin (warfarin), heparin, Pradaxa (dabigatran), Lovenox (enoxaparin sodium), Xarelto (rivaroxaban), or other prescription blood thinners; hepatitis B immune globulin; human pituitary derived growth hormone; Soriatane (acitretin); Tegison (etretinate) or aspirin, Feldene (piroxicam); Effient (prasugrel) Plavix (clopidogrel), or Ticlid (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.

**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.

**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. For specific states that are regulated, call the Donor and Client Support Center at 1-866-236-3276.

**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 any malaria risk country(ies) 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

**WEIGHT / HEIGHT:** 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:

**MALE** donors must weigh 110 pounds or more, depending on their height in the following chart:

If you are	4'10"	4'11"	5' or taller
You must weigh at least	118	114	110

**FEMALE** donors must weigh 110 pounds or more, depending on their height in 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	120	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 1-866-236-3276 to ask about eligibility.

Maximize your blood donation. Help more patients.

# Power Red

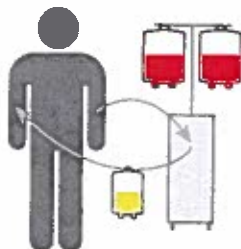


American Red Cross

Red blood cells are the most commonly transfused blood component, and therefore the most needed. Since they carry oxygen throughout the body, they are essential to hospital patients. Give a Power Red donation and you can help more patients.

## Power Red Donation

During a Power Red donation, you give a concentrated dose of red cells, the part of your blood used every day for those needing transfusions as part of their care. This type of donation uses an automated process that separates your red blood cells from the other blood components, then safely and comfortably returns your plasma and platelets to you. These red cells help trauma and surgery patients, those undergoing organ transplants, women experiencing complications from childbirth, and people with anemia.



**Help more patients with one scheduled appointment.** During a Power Red donation, a donor gives more red blood cells than they do during a regular whole blood donation.

**Maximize your impact.** With just a little extra time at your appointment, you increase your impact on patients in need.

**A comfortable experience.** Many donors say they prefer the experience of a Power Red donation: it requires a smaller needle and fluids are returned to the donor during the donation process.

## Important Donor Information:

- We encourage donors with the following types to give a Power Red donation: O negative, O positive, A or B negative.
- Donors who are A or B positive are encouraged to give a whole blood donation, as plasma is needed from these blood types.
- Power Red donors can give every 112 days, which is different than a regular blood donation every 56 days.
- We recommend that females wait until age 19 or older to donate Power Red.
- In addition to meeting standard blood donor qualifications, the following requirements apply for those interested in Power Red donation:

Power Red Requirements		
	Female	Male
Minimum height	5'5"	5'1"
Minimum weight	150 lbs.	130 lbs.

Call **1-800-RED CROSS (1-800-733-2767)** or visit [redcrossblood.org/givemore](http://redcrossblood.org/givemore) to schedule an appointment or for more information.

# Why is your race important as a blood donor?



## You might be a special match for a patient in need!



When you donate blood and mark your race on the blood donor record, you are taking that extra step toward specifically helping individuals with sickle cell disease or rare blood types.

*Thank you*

### There are many rare blood types:

The majority of blood types fall into one of the following type categories: A, B, AB, and O. But for a small part of the population, finding someone else with the same blood type can be as difficult as looking for a needle in a haystack.

### Rare blood types can be specific to race:

Red blood cells carry markers called antigens on their surface that determine one's blood type. There are more than 600 known antigens besides A and B. Certain blood types are unique to specific racial and ethnic groups.

### The best blood match for patients often comes from donors of similar race or ethnicity:

When blood is closely matched between the donor and the patient, the patients are at a lower risk of developing complications from ongoing blood transfusions.

It is extremely important to increase the number of blood donors from all racial and ethnic groups. When you check your race, you help the Red Cross better search for rare blood types to best meet the needs of patients of all backgrounds.

#### SICKLE CELL ANEMIA BLOOD RECIPIENT

**Aaron's Story** | Aaron was diagnosed with sickle cell anemia when he was two years old and endures the pain associated with this debilitating disease on a daily basis. A key component in his pain management is receiving 10 pints of blood every three weeks. He is able to live a relatively normal life through the generosity of strangers who voluntarily donate blood.



**Make your donation count and  your race!**

# How to prepare for a **Great Donor Experience**



The American Red Cross wants your donation to be as safe and successful as possible. The following suggestions may help you prepare for your blood donation.

## **Between donations**

Give your body plenty of iron. When you donate whole blood or double red cells, your body loses some iron contained in red blood cells. Eat plenty of iron-rich food to replace these cells between donations. Foods rich in iron include:

- red meat
- fish
- poultry
- beans
- iron-fortified cereal
- broccoli
- spinach
- raisins
- prunes

Also, foods rich in Vitamin C (such as citrus fruit) help your body absorb the iron you eat. But avoid drinking tea, coffee and other caffeinated beverages with meals since caffeine can reduce iron absorption.

## **Before donation**

Sleep well. Get at least eight hours of sleep the night before you plan to donate.

Eat a good breakfast or lunch. This also will help your body be well prepared for giving blood.

Maintain a nutritious, well-balanced diet with foods rich in iron and high in vitamin C.

Make sure you are feeling well.

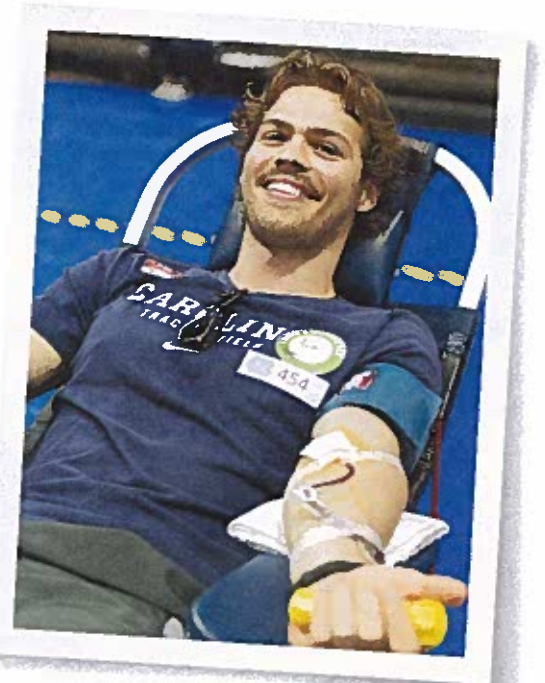
## **Day of donation**

Drink extra water and fluids before you donate to replace the volume of blood you will donate. You should continue drinking extra fluids after donation, too.

Eat the right foods. Having foods containing lean proteins or complex carbohydrates, such as bread, cereal, fruit or lean meat may make you feel more comfortable during and after donating.

Avoid fatty foods, such as hamburgers or french fries, before donating. The tests that are part of our vigorous safety screening can be affected by fatty materials that appear in your blood for several hours. When this occurs, testing cannot be performed, and we may not be able to use your blood.

Relax! Spend 10 to 15 minutes relaxing in the refreshment area. Have a drink and snack to rejuvenate yourself.



## **To be eligible to donate blood you must:**

- be at least 17 years old (16 with parental permission in some states)
- meet height and weight requirements (at least 110 pounds based on height)
- be in generally good health

## **Before donating you should:**

- get a good night's sleep
- drink plenty of fluids
- eat within 2-3 hours

## **Be sure to bring your:**

- donor card or a government issued photo I.D.
- parental consent form if you are a 16-year-old donor
- wear clothing with sleeves that can be raised above the elbow

# Iron FAQs



To help patients in need regain their health, the Red Cross relies on healthy donors. Healthy habits, including maintaining your iron and hemoglobin levels, can also help improve your donation experience.

Learn more about being a healthy blood donor at [redcrossblood.org/healthydonors](http://redcrossblood.org/healthydonors).

## How will I know if my iron level is healthy enough to donate?

Prior to donating, the Red Cross will test a droplet of your blood to measure your hemoglobin level. Hemoglobin is a protein in red blood cells that contains iron and gives blood its red color. Hemoglobin carries oxygen from your lungs to nourish all the tissues in your body.

To be healthy enough to donate, men must have a level of at least 13.0 g/dL and women must have a level of at least 12.5 g/dL. If your hemoglobin is too low, we'll ask you to wait and try to donate another time.

## What is iron and how can I keep my levels healthy?

Iron is a mineral nutrient that your body needs to function normally. You need iron to make new red blood cells to replace those lost during blood donation. Your body gets iron from your diet, which is why we encourage donors to maintain a nutritious, well-balanced diet with plenty of foods rich in iron and high in vitamin C.

## What if I'm deferred for low hemoglobin?

You may be able to donate again in the future. It is normal for hemoglobin levels to fluctuate, but there are some things you can do to help boost your levels:

1. Choose foods rich in iron and create food combinations that will increase the absorption of iron:
  - the best source of iron is lean red meat
  - for non-meat meals, choose iron-rich foods such as legumes
  - include plenty of vitamin C in your diet
  - consider fortified foods, or foods with added iron such as some breakfast cereals
2. Drink tea, coffee and milk between meals instead of with meals
3. Consider eating iron rich snacks such as raisins, nuts, dates, prunes or figs

Some donors, especially those who are young or donate frequently, may want to talk with a health-care provider about taking a multivitamin with iron or iron supplement to help replace iron lost through blood donations. You can learn more about iron levels and blood donations at [redcrossblood.org/iron](http://redcrossblood.org/iron).

