



Pledge Card



Appointment Card

## For a better donation experience



**STEP 1**  
Day before... **HYDRATE**  
- Increase your fluids the day before donating.



**STEP 4**  
Morning of... **EAT BREAKFAST**  
- Eat a well balanced breakfast the morning of your donation.



**STEP 2**  
Evening before... **EAT SALTY SNACKS**  
- Increase your salt intake the evening before donation.



**STEP 5**  
Right before... **HYDRATE**  
- Drink water right before your donation.



**STEP 3**  
Night before... **GET SLEEP**  
- Get a good night's sleep prior to donation day.



**After your donation... IRON**  
When you donate blood, you lose some iron. We recommend that you take a multivitamin with iron or an iron supplement to replace it.

## The most common reasons for **not being able** to give blood.

### TEMPORARY REASONS

Condition	Length of time before you can give blood
Not feeling well for any reason	Until symptoms are gone
Cold, sore throat, respiratory infection, flu	3 days after symptoms are gone
Travel to an area of the world where malaria is prevalent	3 months after return
Have had problems with heart or lungs	Contact us regarding medical eligibility at <b>888.825.6638</b>
Ear, body piercing, or branding that does NOT use single-use equipment	3 months
Acupuncture or dry-needling that does NOT use single-use equipment	3 months
Tattoo, permanent make-up or micro-blading in one of the following states: Georgia, Idaho, Maryland, Massachusetts, Nevada, New York, Pennsylvania, Utah, Vermont, Wyoming, as well as the District of Columbia, US territories, and any other country.	3 months
Tattoo, permanent make-up, or micro-blading in all other states if performed in a state-regulated shop, using sterile needles and single-use ink.	No deferral
Blood transfusion	3 months after receiving blood
Pregnancy, abortion or miscarriage	6 weeks after end of pregnancy
Syphilis, gonorrhea	3 months after treatment completed
Have had certain forms of cancer	Contact us regarding medical eligibility at <b>888.825.6638</b>
Surgery, serious injury	When healing is complete and feeling well
Have had sex with someone who has hepatitis B or hepatitis C	12 months after last occurrence
You are a man who has had sex with another man	3 months after last occurrence
You are a woman who has had sex with a man who has had sex with another man.	3 months after last occurrence
You have <ul style="list-style-type: none"> <li>• Ever used illegal drugs with a needle</li> <li>• Ever taken money or drugs in exchange for sex</li> </ul>	3 months after last occurrence
You are a man or woman who has had sex with someone who: <ul style="list-style-type: none"> <li>• Has ever used illegal drugs with a needle</li> <li>• Has ever taken money or drugs in exchange for sex</li> </ul>	3 months after last occurrence
Medications	Length of time before you can give blood
Antibiotics (except antibiotics for acne) if taken for infection	When treatment is complete
Accutane, Absorica, Amnesteem, Claravis, Myorisan, Sotret, Zenatane, Proscar and Propecia	1 month after taking last dose
Avodart, Jalyn	6 months after taking last dose
Soriatane	36 months after taking last dose
Coumadin	7 days after taking last dose

### PERMANENT REASONS

#### Please do not give blood if you:

1. Have ever had a positive test for HIV (AIDS virus)
2. Are a hemophiliac
3. Have ever had hepatitis B or hepatitis C

#### An Urgent Request:

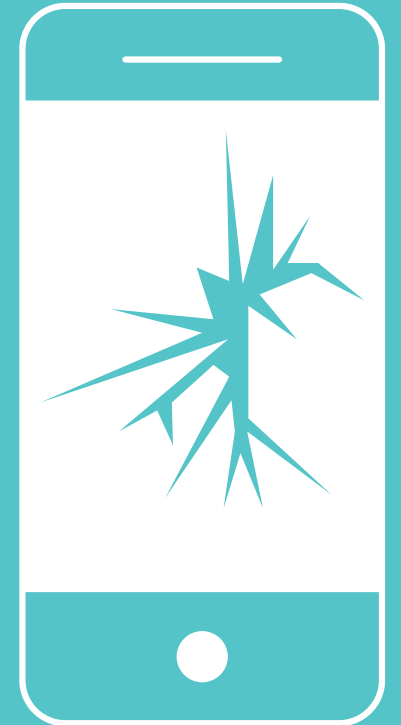
Please do not give blood just to find out your HIV (AIDS virus) test results. If you need information on where to go for confidential HIV testing, please call your local health department.

#### Notes:

- Most people with diabetes, and most people on medications other than those noted above, are eligible to donate blood. For specific medical eligibility guidelines, call us at **888.825.6638**.
- People who have been in certain countries outside the United States may be deferred depending on the country and the length of time spent there.
- The reasons for not being eligible to donate blood may have changed after this brochure was printed.
- Most donors tolerate giving blood well, but on occasion reactions and complications may occur. Please read the information provided in this brochure to help you have the best donation experience.

# Things that hurt more than giving blood #34:

## Cracking your phone screen.



**DONATE BLOOD**

888.825.6638 • [delmarvablood.org](http://delmarvablood.org)

# 1 out of every 3 people will need blood during their lives.

## Why should I donate blood?

Cancer and surgery patients, accident and trauma victims, newborn babies and many others need blood transfusions to survive. Blood Bank of Delmarva needs 350 donations per day to meet the needs of patients in the hospitals that we serve.

There is no substitute for human blood and red blood cells are perishable, lasting just 42 days. Your blood donation will likely reach a patient within days and is crucial to helping maintain our community's blood supply.

## OK. I'm interested. But how do I know if I qualify?

Blood donors must be at least 17 years old, weigh at least 110 pounds and not have donated blood within the last 56 days. There are some medical conditions that can keep you from giving blood. You will find the most common ones listed on the reverse side of this brochure in the **The Most Common Reasons For Not Being Able To Give Blood** section. For more information regarding medical eligibility for blood donation call **888.825.6638**.

## Must I show Identification?

Yes. Acceptable Forms of Identification:

- Identification which displays the individual's name and photograph
- A valid BBD donor card

## Can I donate blood if I have my period?

Yes.

## Do I need to do anything special to prepare for my blood donation?

Eat regular meals, including a hearty breakfast, and drink plenty of fluids before donating. We also encourage you to eat salty foods in the 24 hours before your donation. Read this brochure carefully, especially the section on the reverse side, **For A Better Donation Experience**. Visit our website for more information, *Better Education = Better Donation Experience*.

## When I arrive at the blood drive, what happens first?

You must show ID. If you are a first-time donor, you will be asked to provide/verify basic information including your name, address, email address, phone numbers, gender (you may self-identify as male or female) and date of birth. You will then use our touch screen device to answer questions about your health history to ensure that you are eligible to donate blood. Your hemoglobin will be determined from a drop of blood from your finger. Your blood pressure, pulse and temperature will also be checked.

## What kind of blood donations can I make and how long will it take?

There are two types of donations you can make at your blood drive.

### • Whole blood

A pint of blood is donated which includes red cells, platelets and plasma. Your body has between 8 and 12 pints of blood. From start to finish, plan on spending an hour at the blood drive with the actual donation procedure taking up to 15 minutes. After donating, your blood

## Your blood donation will save someone's life.

volume is replaced within 24 hours and red blood cells replaced completely over several weeks. You can donate blood every 56 days.

### • Red cells

Meet **Alyx**®! Alyx is technology which allows you to donate two units of red blood cells during one donation. During this automated procedure only your red cells are collected and your platelets and plasma are returned to you. You also receive saline solution (salt water) to replace the volume of red cells collected. Special height, weight and hemoglobin requirements apply to this type of donation. You can donate on Alyx again in 112 days.

Although it takes a little longer, the most notable benefit of giving a double red cell donation is you help two patients who require red blood cell transfusions with a single donation.

Donors who donate on the automated technology must sign an additional consent form at the time of donation.

## How long will it take and what happens afterward?

Plan to spend about an hour at the blood drive. After any type of donation, you'll rest and enjoy refreshments.

## How soon after donating can I get back to my routine?

After you give blood, you will relax and have a snack. You can then resume normal activity as long as you feel well. Just avoid lifting, pushing heavy objects or engaging in strenuous exercise for at least 24 hours after giving blood.

## What happens to my blood after donating?

After donation, your blood will be tested for blood type, hepatitis, HIV (AIDS virus), HTLV (a virus that may cause blood or nerve disease), Chagas, West Nile virus, Babesia, Zika and syphilis. It is then separated into components, such as red cells, plasma and platelets, that can help several patients.

## How often can I give blood?

You can give whole blood every 56 days.

## Do I need to take an iron supplement?

Donating blood temporarily reduces the body's iron level. In most donors, this has no effect on their health. As many teens have lower iron reserves than adults, it is advised to replace the lost iron through a daily multivitamin with iron or iron supplement of about 18-36 mg for 56 days.

## Blood Donation Pledge Card

First name		Last	
Street Address			
City		State	Zip
Daytime phone		Evening phone	
E-mail			
Department (if applicable)			
I prefer to donate on:			
		<input type="checkbox"/>	<input type="checkbox"/>
Date	Time	am	pm
<small>First choice</small>			
		<input type="checkbox"/>	<input type="checkbox"/>
Date	Time	am	pm
<small>Second choice</small>			

## Blood Donation Appointment Card

Your appointment card will be completed for you.

First name		Last	
School Blood Drive Date			
Location			
Class Period	Time	am	pm
Reminders:			
• Eat well before your donation and drink plenty of fluids			
• All donors must present identification with name and photo			
• All first-time donors must show proof of age and 17-year-olds must bring signed Parental Permission Form			

## Donor Portal

The donor portal is a convenient way for you to locate our donor centers and community blood drives, manage current and future appointments and review your donation history.

The portal is a great way to oversee your lifetime contribution to saving lives. It's easy to register and access from your computer or mobile device.

Visit [donate.bbd.org](http://donate.bbd.org)



## Bloodstock® Program

As part of our Bloodstock® Program, you can earn a scholarship for organizing a community blood drive.

Students who exhibit leadership and community service in the organization of a community blood drive can earn up to a \$500 scholarship. Planning a blood drive is fun and easy. Invite your friends, family, teachers and neighbors.

To learn more, visit [delmarvablood.org](http://delmarvablood.org) or call 888.825.6638

