



## Pledge Card

## Appointment Card



#njbloodservices

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

### TEMPORARY REASONS

Condition
Not feeling well for any reason
Cold, sore throat, respiratory infection, flu
Travel to an area of the world where malaria is prevalent
Have had problems with heart or lungs
Ear, body piercing, or branding that does NOT use single-use equipment
Acupuncture or dry-needling that does NOT use single-use equipment
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.
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.
Blood transfusion
Pregnancy, abortion or miscarriage
Syphilis, gonorrhea
Have had certain forms of cancer
Surgery, serious injury
Have had sex with someone who has hepatitis B or hepatitis C
You are a man who has had sex with another man
You are a woman who has had sex with a man who has had sex with another man.
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>
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>

Medications
Antibiotics (except antibiotics for acne) if taken for infection
Accutane, Absorica, Amnesteem, Claravis, Myorisan, Sotret, Zenatane Proscar and Propecia
Avodart, Jalyn
Soriatane
Coumadin

### 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.

Length of time before you can give blood
Until symptoms are gone
3 days after symptoms are gone
3 months after return
Contact us regarding medical eligibility at <b>800.688.0900</b>
3 months
3 months
3 months
No deferral
3 months after receiving blood
6 weeks after end of pregnancy
3 months after treatment completed
Contact us regarding medical eligibility at <b>800.688.0900</b>
When healing is complete and feeling well
12 months after last occurrence
3 months after last occurrence
3 months after last occurrence
3 months after last occurrence
3 months after last occurrence
3 months after last occurrence

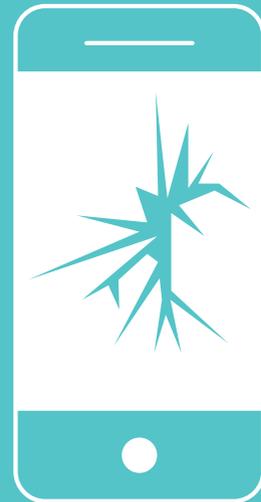
Length of time before you can give blood
When treatment is complete
1 month after taking last dose
6 months after taking last dose
36 months after taking last dose
7 days after taking last dose

#### 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 **800.688.0900**.
- 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**

800.933.BLOOD · nybc.org

#njbloodservices



**There is no substitute for human blood. One in three people will need blood sometime during their lives. Blood lasts only 42 days. Your regular donations are critically important.**

Close to 2,000 people in our community, including cancer, transplant and surgery patients, trauma victims, newborn babies and many others need blood transfusions each day.

**What does it take to be a blood donor?**

Blood donors must be at least 16 years old, weigh at least 110 pounds and have not donated blood within the last 56 days. Sixteen-year-old donors must present a signed parental permission form. Visit [nybc.org/16](http://nybc.org/16) to obtain the form. People age 76 and older can donate blood if they meet all criteria and present a physician's letter just once after reaching age 76.

There are some medical conditions that can keep you from giving blood. You will find the most common ones listed on the reverse side. For more information regarding medical eligibility for blood donation call **800.688.0900**.

**Do I need identification?**

Yes. Acceptable Forms of Identification

- Identification which displays the individual's name and photograph
- A valid signed NYBC donor card
- All 16 and 17-year-old donors must present proof of age (the NYBC donor card will be acceptable to indicate the 16 and 17-year-old donor meets the age requirement)
- A police shield is acceptable as ID for active duty police, corrections and court officers
- A firefighter shield is acceptable as ID for active duty firefighters

**When I give blood, what will happen first?**

You will be asked to provide/verify basic information including your name, address, email address, phone numbers, gender 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.

**How long does the donation take?**

The procedure is done by a skilled, specially trained technician and can take up to 15 minutes. You will give one pint of whole blood. The materials used for your donation, including the needle, are new, sterile, disposable, and used only once by you for your blood donation. You will rest after the donation and enjoy refreshments. Plan to spend about an hour at the blood drive or donor center.

**Is there anything special I need to do before my donation?**

Eat your regular meals and drink plenty of fluids before donating. We also encourage you to eat salty foods in the 24 hours prior to your donation.

**How will I feel after my donation and is there anything I should do?**

After relaxing and having a snack, most people feel fine. After donating, drink extra fluids for the next 48 hours.

Your body replaces blood volume or plasma within 24 hours. Red cells need about four to eight weeks for complete replacement. The average healthy body has between 8 and 12 pints of blood and can easily spare one.

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

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

After your donation and 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 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.

**Have you met 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.

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

Ask if you are eligible to donate using Alyx.



## Donor Portal

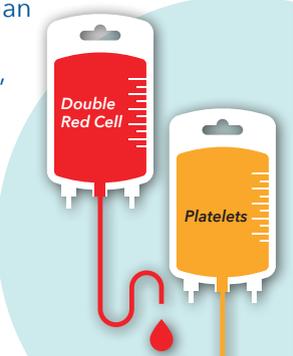
The donor portal is a convenient way for you to locate our donor centers and community blood drives, manage current and future appointments and review your donation history. The portal is a great way to oversee your lifetime contribution to saving lives. It's easy to register and access from your computer or mobile device; simply follow the prompts.

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

## Did you know?

We have many donor centers across **New York and New Jersey** to accommodate your busy schedule, making it easy for you to save lives more often.

You can also donate more than just blood in a donor center! Ask us about giving platelets, plasma and other special types of donations.



To find out more, visit [nybc.org/donate-blood](http://nybc.org/donate-blood)

For general information or to make an appointment to donate blood call **800.933.BLOOD (2566)** or visit [nybc.org](http://nybc.org)

For more information regarding medical eligibility for blood donation call **800.688.0900**

## 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:**

*First choice* \_\_\_\_\_  \_\_\_\_\_

Date \_\_\_\_\_ Time \_\_\_\_\_ am \_\_\_\_\_ pm

*Second choice* \_\_\_\_\_  \_\_\_\_\_

Date \_\_\_\_\_ Time \_\_\_\_\_ am \_\_\_\_\_ pm

## Blood Donation Appointment Card

First name \_\_\_\_\_ Last \_\_\_\_\_

Your appointment date \_\_\_\_\_ Time \_\_\_\_\_ am \_\_\_\_\_ pm

SUN  MON  TUE  WED  THU  FRI  SAT

Location \_\_\_\_\_

**Reminders:**

- Eat well before your donation and drink plenty of fluids
- All donors must present identification with name and photo