

Maximize your blood donation. Help more patients.

Power Red

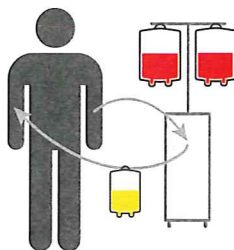


**American
Red Cross**

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.



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.

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.

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

Common Questions

About Donating Blood



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What can I expect at my donation?

In a confidential and private setting, you'll answer some questions about your health history and places you have traveled. We'll take your blood pressure, temperature and a small sample of your blood to test your iron level. We'll cleanse the area of your arm and insert a sterile needle, through which the blood or blood component will be drawn. After donation, you can relax in the refreshment area, enjoy a snack and beverage and take pleasure in knowing your blood donation may help save up to three lives.

Can I find out my blood type?

Download the Blood Donor App and you'll be able to view your digital donor card, including your blood type, just a few days after donating.



How often may I donate blood?

You may donate whole blood every 56 days, up to six times per year; platelets every seven days, up to 24 times per year; plasma every 28 days, up to 13 times per year; and double red cells every 112 days, up to three times per year.

Will I have to limit my activities after donating?

Do not do any heavy lifting or strenuous exercise for the rest of the day. You may want to schedule your appointment several hours after planned exercise.

How can I help keep my iron levels healthy?

Maintaining adequate iron levels is part of being a healthy donor. Make sure to eat a nutritious, well-balanced diet with foods rich in iron and high in vitamin C. You can also speak with your health-care provider about taking a multivitamin with iron.

What if I have recently gotten a tattoo and/or body piercing?

If your tattoo was applied in a state-regulated/licensed tattoo facility using sterile needles and the ink was not reused, you may be able to donate. You may donate after receiving a body piercing as long as you are certain a sterile needle was used. Otherwise, you must wait one year after receiving a tattoo or body piercing.

I've been turned down before. Should I try again?

Yes. Most deferrals are temporary—not permanent. Check with Red Cross staff to find out if you can now donate.

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

Common Questions

About Donating Blood



What if I have high or low blood pressure?

Your blood pressure will be checked before every donation. If your blood pressure is within an acceptable range, you may donate. If you take medication to control your blood pressure, you may still be eligible to donate. Please check with a Red Cross staff member to find out if you are able to donate.

Can I donate if I have been taking an antibiotic?

You may be able to donate blood as long as you have taken your last dose of the prescribed course of antibiotics and have no symptoms. Please check with a Red Cross staff member to find out if you are able to donate.

If something is wrong with my blood, will I find out?

Yes. You will be notified confidentially by certified mail or in rare situations by telephone.

If I participate in sports, can I practice or compete right after giving blood?

When you give blood, you temporarily lose some fluid which your body replaces within 24 hours. So a few precautions are necessary: do not compete right after the donation and avoid strenuous activity for five hours after donating. Give your body a day to replace the volume you donated. Please consult with your coach or trainer to ensure it is appropriate for you to donate on the day of the blood drive.

Can I give blood if I have been drinking or using drugs?

While the Red Cross does not encourage the use of controlled substances, marijuana or alcohol, use does not necessarily disqualify you from giving blood as long as you are feeling well. If you have EVER injected any illegal drugs, you are indefinitely ineligible to donate blood or platelets.

Can I give blood if I have traveled outside the U.S.?

There are specified limitations for certain travel. Some circumstances may make a person temporarily ineligible to donate blood; some cause indefinite ineligibility. If you have any questions, or if you have been told you can never donate blood again, you may wish to discuss your history with a trained Red Cross staff member since the guidelines for eligibility may have changed.

What should I do if I have more questions regarding my eligibility to donate blood?

Our donor health representatives can answer any questions you may have about travel, medications or health conditions that might affect your ability to donate blood. Please call 1-866-236-3276 or visit redcrossblood.org for more information.



TOP 10

reasons

Give to
Blood



American Red Cross

You will get juice and cookies.

It's easy and convenient. It only takes about an hour to give whole blood, and you can make your donation at an American Red Cross blood donation center or one of many blood drives held at businesses, community centers, schools or places of worship.

You will weigh less. One pint less than when you came in!

It's something you can spare. Most people have blood to spare, yet there is still not enough to go around.

No one can ask you to do heavy lifting. As long as you wear your bandage, you're on reprieve. Wear it as long as you like. It's a badge of honor!

You will walk a little taller afterward. Most people feel good about themselves knowing they've just helped save someone's life. You will too!

You will be helping to ensure that blood is there when it's needed. Most people don't think they'll ever need blood, but many do. One whole blood donation can yield up to three blood products: red cells, platelets and plasma.

You will give a gift that costs nothing, but last a lifetime. Blood is something money can't buy. It's only something that one person can give to another.

You will be someone's hero. You may give a newborn, a child, a mother or father, a brother or a sister another chance at life. In fact, you can help save up to three lives with just one donation!

It's the right thing to do!



redcrossblood.org | 1-800-RED CROSS | 1-800-733-2767 | [facebook.com/redcrossblood](https://www.facebook.com/redcrossblood)

Individuals who are 17 years of age (16 with parental permission in some states), meet weight and height requirements (110 pounds or more, depending on their height) and are in generally good health may be eligible to give blood. Please bring your Red Cross blood donor card or other form of positive ID when you come to donate. STAN.Info015 | v2 2010/01_v3 2011/01_v3 2012/01 © 2013 The American National Red Cross | 02/11AP0124



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, 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 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.



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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.



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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.

The Donation Process



Giving whole blood is simple. The donation process, from the time you arrive until the time you leave, takes about an hour. The donation itself is only about 10 minutes. And the satisfaction you get from knowing you've helped change a life? Timeless.

Step 1: Registration

- You will read information about donating blood.
- You will be asked to complete a form with demographic and basic health information.
- You will be asked to show an American Red Cross donor card or positive ID.

Step 2: Health history and mini physical

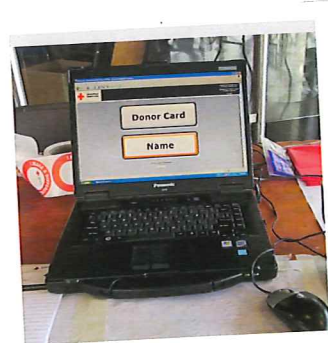
- A trained staff person will ask you some health history questions during a private and confidential interview.
- You will have your temperature, iron level, blood pressure and pulse checked to protect your health and well-being.

Step 3: Donation

- Staff will cleanse an area on your arm and insert a needle for the blood drawing procedure.
- The actual process of donating blood takes approximately 7-10 minutes.
- When about a pint of blood has been collected, the staff will remove the needle and place a bandage on your arm.

Step 4: Refreshments

- You will spend a few minutes enjoying refreshments so your body can adjust to the slight decrease in fluid volume.
- Enjoy the feeling of knowing you've done something good.



Before you give: Get a good night's sleep, have a good breakfast or lunch, drink extra water and fluids (but avoid tea, coffee or caffeinated beverages), eat iron-rich foods like fortified cereals and broccoli, and avoid fatty foods like hamburgers, fries or ice cream.

While you give: Wear clothing with sleeves that can be raised above the elbow, show the staff "good veins" that have been used to draw blood in the past, and don't forget to relax.

After you give: Enjoy a snack and drink in our refreshment area. Drink plenty of fluids in the next 24 to 48 hours, avoid strenuous physical activity or heavy lifting for about five hours, and eat a well-balanced meal.

Remember: Donors seldom experience discomfort after giving, but if you feel light-headed, lie down until the feeling goes away. If bleeding occurs after you take off your bandage, apply pressure to the site and raise your arm until the bleeding stops. If bruising or bleeding appears under the skin, apply a cold pack. And if for any reason, something doesn't feel right, call the post-donation number at 1-866-236-3276.

Wear your badge of honor proudly! You've earned it!