

Blood Donor Educational Material

READ THIS BEFORE YOU DONATE!

We know that you would not donate unless you think your blood is safe. However, in order for us to assess all risks that may affect you or a patient receiving a transfusion, it is essential that you answer each question completely and accurately. If you don't understand a question, ask the blood center staff. All information you provide is confidential.

To determine if you are eligible to donate we will:

- Ask about your health and travel
- Ask about medicines you are taking or have taken
- Ask about your risk for infections that can be transmitted by blood – especially AIDS and viral hepatitis
- Take your blood pressure, temperature and pulse
- Take a blood sample to be sure your blood count is acceptable

If you are eligible to donate we will:

- Clean your arm with an antiseptic. Tell us if you have any skin allergies
- Use a new, sterile, disposable needle to collect your blood

DONOR ELIGIBILITY – SPECIFIC INFORMATION

Certain diseases, such as AIDS and hepatitis, can be spread through sexual contact and enter your bloodstream. We will ask specific questions about sexual contact.

What do we mean by “sexual contact?”

The words “have sexual contact with” and “sex” are used in some of the questions we will ask you, and apply to any of the activities below, whether or not a condom or other protection was used:

- Vaginal sex (contact between penis and vagina)
- Oral sex (mouth or tongue on someone's vagina, penis, or anus)
- Anal sex (contact between penis and anus)

HIV/AIDS risk behaviors

HIV is the virus that causes AIDS. It is spread mainly by sexual contact with an infected person OR by sharing needles or syringes used by an infected person for injecting drugs.

Do not donate if you:

- Have AIDS or have ever had a positive HIV test
- Have EVER used needles to take any drugs not prescribed by your doctor
- Are a male who has had sexual contact with another male, IN THE PAST 12 MONTHS

- Have EVER taken money, drugs or other payment for sex
- Have had sexual contact in IN THE PAST 12 MONTHS with anyone described above
- Have had syphilis or gonorrhea IN THE PAST 12 MONTHS
- Have been in juvenile detention, lockup, jail or prison for more than 72 consecutive hours IN THE PAST 12 MONTHS

Your blood can transmit infections, including HIV/AIDS, even if you feel well and all your tests are normal. This is because even the best tests cannot detect the virus for a period of time after you are infected.

DO NOT donate to get a test! If you think you may be at risk for HIV/AIDS or any other infection, do not donate simply to get a test. Ask us where you can be tested outside the blood center.

The following symptoms can be present before an HIV test turns positive:

- Fever
- Enlarged lymph glands
- Sore throat
- Rash

DO NOT donate if you have these symptoms!

Travel to or birth in other countries

Blood donor tests may not be available for some infections that are found only in certain countries. If you were born in, have lived in, or visited certain countries, you may not be eligible to donate.

WHAT HAPPENS AFTER YOUR DONATION

To protect patients, your blood is tested for several types of hepatitis, HIV, syphilis, and other infections. If your blood tests positive it will not be given to a patient. There are times when your blood is not tested. If this occurs, you may not receive any notification. You will be notified about any positive test result which may disqualify you from donating in the future. The blood center will not release your test results without your written permission unless required by law (e.g. to the Health Department).

IMPORTANT ZIKA VIRUS INFORMATION

If you have travelled to Mexico, the Caribbean, and/or Central or South America You may have been exposed to the Zika Virus.

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- Zika Virus is spread through the bites of infected mosquitoes.
- Cases of sexually transmitted Zika Virus have been reported.
- Zika Virus infection is spreading rapidly in the Western Hemisphere, outside the United States and Canada.
- Zika Virus infection is mild in most people, but there is concern that Zika is causing serious brain injury to infants whose mothers have been infected during pregnancy and an increase in cases of Guillain-Barré syndrome, a temporary but serious disorder causing paralysis.
- Zika Virus can be present in the blood of an infected person who has no symptoms of illness.
- There is concern that Zika Virus can be transmitted by blood.

BLOOD DONOR EDUCATIONAL MATERIAL FOR EBOLA VIRUS DISEASE OR INFECTION

This information applies following the CDC's classification of one or more countries as having "widespread transmission or cases in urban areas with uncertain control measures" at this link: <http://www.cdc.gov/vhf/ebola/outbreaks/2014-west-africa/distribution-map.html>.

Blood collection facilities must reduce the risk of collecting blood and blood components from a donor who may be infected with Ebola virus. It is possible that an Ebola virus infected person may not have symptoms of infection during the incubation period. In addition, anyone who has EVER had Ebola virus infection or disease may be at risk for transmitting the virus through blood donation, regardless of the length of time since recovery.

Ebola virus is transmitted from human to human by direct exposure to body fluids (such as blood, urine, stool, saliva, semen, vaginal fluids or vomit) from infected individuals. Healthcare workers, and family and friends providing care may have direct exposure to body fluids of infected patients. If direct exposure occurs, a person is at high risk of developing Ebola virus infection and must not donate blood or blood components.

DO NOT DONATE BLOOD if:

- You have **EVER** had Ebola virus disease or infection
- In the **PAST 8 WEEKS**, you have lived in, or travelled to, a country with widespread Ebola virus disease or infection.
- In the **PAST 8 WEEKS**, you have had sexual contact with a person has **EVER** had Ebola virus disease or infection, regardless of the length of time since recovery.
- In the **PAST 8 WEEKS**, you have had direct exposure to the body fluids (such as blood, urine, stool, saliva, semen, vaginal fluids or vomit) of a person with Ebola virus disease or infection, including a person under investigation.
- In the **PAST 8 WEEKS**, you have you been notified by a public health authority that you may have been exposed to a person with Ebola virus disease or infection.

PLEASE CONTACT THE DONOR CENTER, if you develop the following symptoms within the 8 week period following donation:

Fever, Diarrhea, Severe Headache **followed by:** Vomiting, Muscle Pain and Weakness, Abdominal Pain, Fatigue, hemorrhage (bleeding or bruising)

IMPORTANT IRON DEFICIENCY INFORMATION

Pre-donation Information on Iron Deficiency and Maintaining Iron Balance prepared by the AABB Interorganizational Task Force on Donor Hemoglobin Deferrals

Thank you for coming to donate.

We care about your health and want you to know that donating blood reduces iron stores in your body. In many people, this has no effect on their health. However, in some people, particularly younger women and frequent donors of either gender, blood donation may remove most of the body's iron stores. We want you to understand these issues more clearly.

What happens to me during a blood donation?

Red blood cells are red because of the way iron is carried in hemoglobin, a protein that brings oxygen to the body. Therefore, the removal of red blood cells during blood donation also removes iron from your body. The impact of this iron loss on your health varies among donors.

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How does blood donation affect iron stored in my body?

Iron is needed to make new red blood cells to replace those you lose from donation. To make new red blood cells, your body either uses iron already stored in your body or uses iron that is in the food you eat. Many women have only a small amount of iron stored in their body, which is not enough to replace the red blood cells lost from even a single donation. Men have more iron stored in their body. However, men who donate blood often (more than two (2) times per year), may also have low iron stores.

Does the blood center test for low iron stores in my body?

No, the blood center tests your hemoglobin, but not your iron stores. Hemoglobin is a very poor predictor of iron stores. **You may have a normal amount of hemoglobin and be allowed to donate blood, even though your body's iron stores are low.**

How may low iron stores affect me?

There are several possible symptoms associated with low iron stores. These include fatigue, decreased exercise capacity, and pica (a craving to chew things such as ice or chalk). In addition, having low iron stores may increase the possibility of having a low hemoglobin test, preventing blood donation.

What can I do to maintain my iron stores?

While eating a well-balanced diet is important for all donors, simply eating iron-rich foods **may not** replace all the iron lost from blood donation. Taking multivitamins with iron or iron supplements, either prescribed or over the counter (from a drug store) may help replace iron lost. Iron supplements vary in name and proportion of iron within the tablet/caplet. The most effective dose, type of iron supplement, and length of treatment are currently being studied. Current recommendations range from one typical multivitamin with iron (19 mg iron) to elemental iron caplets (45 mg iron) for six (6) weeks to three (3) months. Your physician or pharmacist may be able to assist you in deciding what dose, type and duration of iron supplement to choose.

Why doesn't a single big dose of iron replace what I lose during the donation?

Because people have a limit in iron absorption (i.e. 2-4 mg/day), taking iron in larger doses for a shorter period may not lead to better absorption (and may result in more side effects). The overall goal is to replace, over one (1) to three (3) months, 200-250 mg of iron lost during donation.

Where can I get additional information?

You can contact the Miller-Keystone Blood Center with your questions or concerns at (800) 223-6667, Ext. 1247, (Medical Department) or through our website, www.GIVEaPINT.org.

THANK YOU FOR DONATING BLOOD TODAY!



**MILLER-KEYSTONE
BLOOD CENTER**

Miller-Keystone Blood Center
800-B-A-DONOR