

Find the  
**hero**  
in you.

## Information and Instructions for Your Blood Donation

Thank you for coming in today. This information sheet explains how you can help us make the donation process safe for yourself and patients who might receive your blood.

### **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 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.

***Do not donate blood if you:***

- Have **EVER** had Ebola virus disease or infection

***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).

**IDENTIFICATION REQUIRED**

You will be asked to show ID containing your name and one of the following: date of birth, blood center donor number, or photo.

**INFORMED CONSENT**

- Before you give blood, you will be asked to sign a statement that you have read and understood the information provided to you.
- Donors donating by an automated process will also be asked to read the “Automated Informed Consent” explaining the specific procedure(s) to be performed.
- If you have any questions, please ask during your interview.

## **BLOOD TESTING**

- Positive test results must be reported to the health department if required by law.
- Anyone who tests positive for HIV will be provided with counseling and referral information. Your name and other identifying information will be placed in a confidential deferred donor directory.
- Additional tests may be performed to ensure donor or recipient safety.
- In order to interpret or better understand test results, we may contact you later for an additional blood sample.
- Some tests performed on blood donations may be unlicensed.

## **Your Safety**

- You cannot get any infectious diseases by donating blood. All equipment used in the donation process is sterile and used only once.
- Most people feel fine during and after blood donation, but a few feel dizzy or faint. If this should happen, inform our staff and they will look after you until you are feeling well.
- Before you donate, we will give you important information to help you prevent reactions.
- Donors may develop a bruise or notice redness at the needle site. Occasionally, discomfort may occur due to irritation of a nerve during needle placement.
- Donor reactions are rare and usually mild and most occur within the first 15 minutes or so after blood donation. Please remain in the donor center during this time and be especially careful after your blood donation.
- If donating blood in California, state law requires that you remain in the donor center for 15 minutes after your donation.

## **YOUR PRIVACY**

- Please be completely honest in responding to the questions about your health and medical history. Any information you provide on the donor record that may disqualify you before you donate is confidential.
- We will not disclose this information for other purposes unless authorized or required by law.
- You may be contacted by blood center staff or our affiliates to schedule future blood donations, clarify accuracy of information, provide information about your blood donation, or send you recognition items.
- By giving us your telephone number(s), including your cell phone number, you acknowledge that you, as the subscriber of the number(s), expressly consent to this future contact, including contact via auto-dial or auto-text message.

## **Saving Lives Nationwide**

- Our blood center is part of a network of community blood centers across the country.
- After we've met the needs of patients in this area, we sometimes share blood with other communities so that blood is not wasted and more patients' needs are met.

**Thank you for donating blood today!**