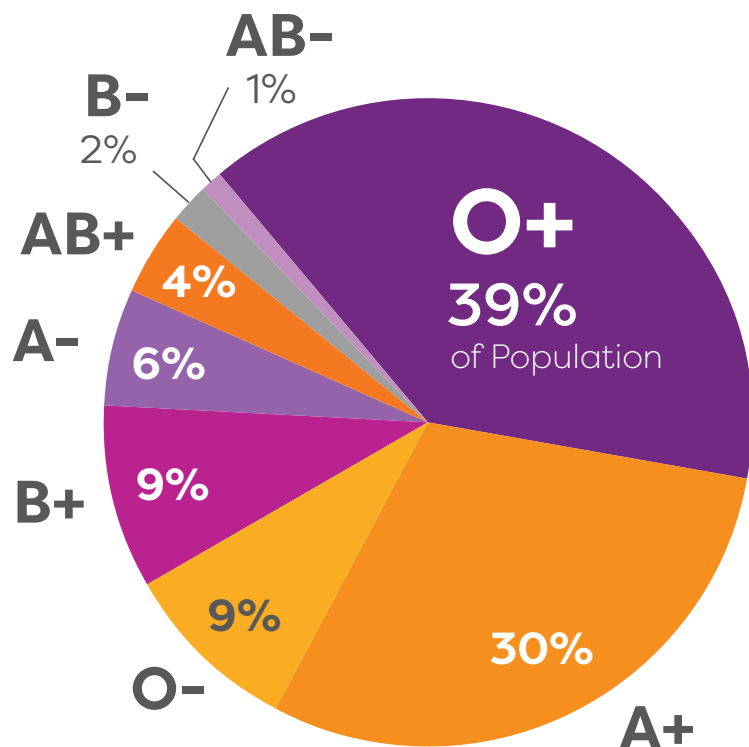


THE HUMAN BLOOD TYPES

Blood is grouped into four types:

A, B, AB & O

Each type is also classified by an Rh factor—either positive or negative. Your ABO blood grouping and Rh factor are inherited from your parents.



Patient Types Your Blood Can Help

TYPE	O+	O-	A+	A-	B+	B-	AB+	AB-
O+	🩸		🩸		🩸		🩸	
O-	🩸	🩸	🩸	🩸	🩸	🩸	🩸	🩸
A+			🩸				🩸	
A-			🩸	🩸			🩸	🩸
B+					🩸		🩸	
B-					🩸	🩸	🩸	🩸
AB+							🩸	
AB-							🩸	🩸

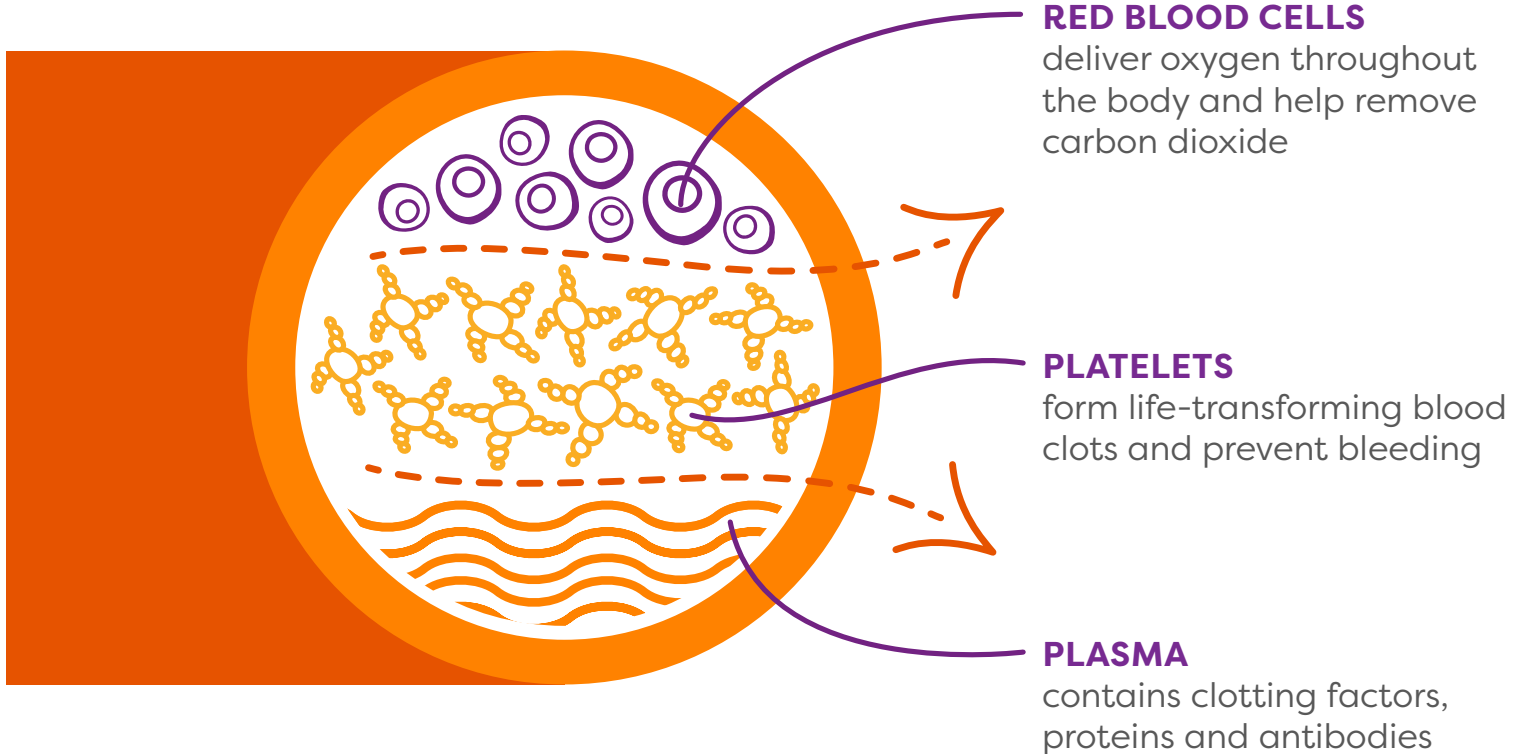
Source: AABB

Note: Blood type percentages can vary by region

THE COMPONENTS OF BLOOD

Blood is a uniquely transformative substance we all possess

Whole blood is wonderful, but did you know it can also be separated into three components, each with a special role?



1 **DONOR** can save up to **3** **LIVES**

The components from one whole blood donation can be used in three different ways to impact three different people:



- 1 Plasma** can help replace fluids and proteins after suffering from a burn
- 2 Red blood cells** can help replace blood lost in a car accident
- 3 Platelets** can help as part of cancer treatment

HOW BLOOD IS USED:

Why Your Donation Matters



**SOMEONE
NEEDS
BLOOD
EVERY**

2 SECONDS



**This means the
need for donations
is constant**

Blood donations impact lives in many awesome ways

Trauma patients in the ER



Organ transplant surgeries



Cancer treatment and other lifesaving transfusions



Ground-breaking research



#DidYouKnow: BLOOD FACTS

SOMEONE
NEEDS
BLOOD
EVERY



2 SECONDS

1 in 7 people entering a hospital will need blood



THERE IS NO SUBSTITUTE FOR BLOOD

Blood travels through
60,000 MILES
of vessels inside you, enough to wrap around the earth's equator roughly 2.5 times



AN AVERAGE
ADULT BODY
CONTAINS

10-12

pints of
blood



RED BLOOD CELLS
carry oxygen throughout the body and must be transfused within 42 days

42



PLATELETS
promote blood clotting and must be used within five days

5



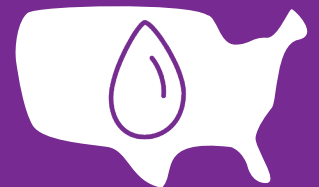
PLASMA is 92 percent water, carries nutrients throughout the body and can be frozen up to 1 year

1



33,000
DONORS

are needed **EVERY DAY** to meet the blood needs of hospital patients in the U.S.



 GIVE BLOOD TODAY | vitalant.org

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Blood Donor Qualifications

Thank you for taking time and energy to make our world a better place. By giving blood, you're transforming the lives of many others. Our goal is to make your donation experience worthwhile and seamless while ensuring a safe blood supply for our community.

How can you help?

Please read this document. We're asking these questions now to see if you meet the basic eligibility requirements and to save you time.

- If you answer "no" to all of the questions below on the day you plan to donate, you may proceed with completing our full health history questionnaire.*
- If you answer "yes" to any of the questions below on the day you plan to donate, unfortunately we won't be able to accept your donation at that time.

**Even if you answer "no" to all questions below, there's a chance you may be ineligible to donate based on information you provide on the health history questionnaire and during the pre-donation interview.*

Before you donate:

- Make sure you eat within two hours of your donation. Drink plenty of water that day and 24-48 hours beforehand.
- Please bring your blood donor ID card or photo ID with your full legal name.
- Vitalant respects that some donors identify with a gender that is different than their sex assigned at birth. You may be asked both your sex assigned at birth and gender identity so that we may ask the appropriate health history questions required to ensure patient safety.
- For donors age 22 or younger: To ensure a safe donation experience for you, please also review our height/weight eligibility restrictions on the back of this document.



Health Status and age

- Do you weigh less than 110 pounds?
- Are you 15 years or younger?
- Are you ill or not feeling well today?



Medications

- Are you taking antibiotics today for an active infection?
- Have you taken Accutane, Proscar or Propecia in the last month?
- Have you taken Coumadin/Warfarin in the last 7 days?



Travel and Residence Abroad

- From 1980 through 1990 were you in Belgium, Germany or the Netherlands as a member of the U.S. military, a civilian military employee or a dependent of a member of the U.S. military for 6 months or more?
- From 1980 through 1996 were you in Spain, Portugal, Turkey, Italy or Greece as a member of the U.S. military, a civilian military employee or a dependent of a member of the U.S. military for 6 months or more?
- From 1980 to present have you spent time that adds up to 5 years or more in Europe?
- In the past 12 months have you spent more than 24 hours in (traveled to) any individual location outside of the U.S. or Canada?
 - If yes, did you travel to any of the countries or cities listed as a malarial risk area on the back of this page?

Preparing for Your Blood Donation

What if we told you an hour of your time could change someone's life? It can. In the time it takes you to read this page, nearly 100 people will receive lifesaving transfusions. By taking just an hour or so to donate, you will do something wonderful.

Before you roll up your sleeve to help someone else, please take care of yourself:



Eat a healthy, low-fat meal within two hours of your donation. The day before, eat a salty snack. When you donate blood, you lose about a gram of salt. Replacing it ahead of time helps keep your blood pressure normal.



Hydrate by drinking 8 to 16 ounces of non-caffeinated, non-alcoholic beverages one hour before you donate. Water is a great choice.



Avoid/Limit caffeinated sodas, coffee, iced tea and energy drinks on the day of donation.



We are grateful to have you join us and, together, we will do something amazing to change people's lives!

Bring your ID with you so we know you're you—something with your name and one of the following: date of birth, donor ID number or your photo.

Now, on to saving lives!



Before donation

1. We'll greet you with a smile and check you in for your appointment.
2. Our staff will guide you to a private area to review your health history and check your temperature, pulse and blood pressure.
3. We'll take a drop of blood from your fingertip to measure the level of your hemoglobin to ensure it's high enough for you to safely give blood.



Donation

1. After you've been cleared to make your life-transforming donation, we'll help get you comfortable. Our specially-trained staff will explain everything about the donation process. Please ask us any questions.
2. We'll use antiseptic to clean the inside of your elbow and quickly and gently insert a new, sterile, disposable needle to collect your blood. (If you're nervous, don't worry. Our staff will help you feel comfortable throughout every step of the process).
3. Donating whole blood takes about 10 minutes. We'll ask you to squeeze your fist periodically to encourage good blood flow. When your donation is complete, our staff will remove the needle and bandage your arm.



After donation

1. Celebrate your amazing achievement! Relax in our refreshment area for at least 15 minutes to enjoy light snacks along with a beverage to replenish your fluids.
2. Avoid strenuous activity and heavy lifting for the rest of the day.
3. Back in the lab, we'll check your blood type and perform testing to ensure a safe blood supply. Then, we'll separate your donation into red blood cells, platelets and plasma. Finally, we'll label and deliver the components to hospitals for patient transfusion.



Your simple, lifesaving action today has the remarkable power to transform lives for many tomorrows. We are grateful you are in our community and we are inspired by your decision to help others.



To learn more, please visit us at vitalant.org/Donate/Donation-Process.aspx

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This table lists common malarial risk areas (including popular travel destinations) but it is not an all-inclusive list. It is routinely updated; however, please check with our staff if an area you recently traveled to is not listed below.

NOTE: Blood donation deferral for travel to these and other malarial risk areas is temporary (12 months from travel date). Donors who are deferred for travel to malarial areas may be eligible to donate Source Plasma (applicable to Northern California donation centers only).

Mexico

Certain locations within Mexico (including cities, areas within states and entire states) are malarial risk areas.

Copper Canyon Area
State of Chiapas
State of Chihuahua

Dominican Republic

Certain provinces and popular areas are malarial risk areas.

Monte Cristi
Punta Cana
Casa de Campo
East National Park
Bahia de las Aguilas
Jaragua National Park

Malaria Endemic Countries

Each country (in its entirety) is a malarial risk area.

Angola	Ghana	Sao Tome & Principe
Benin (Dahomey)	Guinea	Senegal
Burkina Fasso (Upper Volta)	Guinea-Bissau	Sierra Leone
Burundi	Haiti	Solomon Islands
Cameroon	Ivory Coast	Somalia
Central African Republic	Liberia	South Sudan
Chad	Malawi	Sudan
Comoros	Mali	Togo
Congo	Mozambique	Uganda
Djibouti	New Hebrides (Vanuata)	Zaire
Equatorial Guinea	Niger	Zambia
Gabon	Nigeria	Zimbabwe (Rhodesia)
Gambia	Rwanda	

Height/Weight Restrictions for Donors Age 16-22 **Eligibility is Based on Estimated Total Blood Volume**

Males between 16 and 22: You must be at least 5' tall and weigh at least 110 pounds.

Females between 16 and 22: If you weigh at least 110 pounds but are shorter than 5'6", please see the minimum weight required by height below:

Female Height	≥ 4'10"	≥ 4'11"	≥ 5'	≥ 5'1"	≥ 5'2"	≥ 5'3"	≥ 5'4"	≥ 5'5"
Female Required Weight	≥ 146	≥ 142	≥ 138	≥ 133	≥ 129	≥ 124	≥ 120	≥ 115

Simple statements to encourage hesitant donors

Please use the following talking points to help answer common questions about blood donation. We ask that you not distribute this document, but instead use the information to guide your conversation with those who may be unsure about donating. You are the first—and most important—point of contact with would-be blood donors. Your thoughtful responses can help them transcend their own fears and uncertainties to significantly impact the lives of others.

If anyone has a question you cannot answer, please share our contact information with them. Thanks!

I'm too young or too old to give blood.

Donors may give blood as young as age 16. Donors who are 16 (and, in some states, 17) need a permission form signed by a parent or guardian. There is no upper age limit for donation.

My iron is low or I've been told I'm anemic.

Did you know iron levels can fluctuate day to day? Before you donate, your hemoglobin level is checked and you'll be informed of the results. Although the results of your pre-donation hemoglobin check may have prevented you from donating before, I encourage you to give donation another try.

I've already given blood this year.

Did you know you can give blood more than once a year? Just to make sure you are eligible, here are the waiting periods between donations:

- Whole Blood: 56 days (8 weeks)
- Double Red Cell (also called Power Red): 112 days (16 weeks)
- Plasma: 28 days
- Platelets: 7 days

I don't have the time.

I understand your time is valuable. It typically takes less than an hour to give a whole blood donation. You can save more time—up to 20 minutes—if you fill out an online health history questionnaire before you arrive at the blood drive. It must be completed the same day you donate. Visit vitalant.org/health to get started.

I have high blood pressure.

Blood pressure changes throughout the day. Vitalant staff will check your blood pressure before the donation and tell you the results. If your blood pressure is within approved guidelines and you meet all other requirements, you will qualify to donate blood. Besides, it's always a good idea to get a current measure. It's one of the benefits of giving blood.



To learn more, please visit us at vitalant.org/blooddrive
Find us @vitalant:   

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I'm not sure I weigh enough to donate.

Donors should weigh a minimum of 110 pounds to donate blood. For more information about eligibility, visit the Vitalant website: vitalant.org/Donate/Donor-Eligibility

I'm nervous about giving blood.

It's normal to feel a little nervous. Almost everyone feels that way the first time. Vitalant staff will help you feel comfortable throughout every step of the process. And, once you find out how easy it is, you'll wonder why you waited so long to do something that transforms the lives of others.

I'm afraid of needles.

You know, no one really likes needles. Vitalant's highly-trained donor care specialists make it as painless as possible. And if you're nervous, don't worry. They are great at explaining everything along the way to help you feel more comfortable.

I don't have enough blood to give.

Giving blood is very safe. The average adult has 10 to 12 pints of blood, enough that it's perfectly safe to donate a pint. Do you know that one blood donation can transform the lives of up to three hospital patients?

I have diabetes.

If your condition is well-controlled, you are able to give blood regardless of diabetes-related medication or insulin use.

Is donating safe?

Yes, it is very safe. All equipment is new and sterile, then disposed of after each use.

You don't need my blood.

All blood types are important and needed every day by patients requiring a blood transfusion. Because blood has a limited shelf life, it's vital we all do our part to keep the blood supply strong.

You don't want my blood.

There are many misconceptions about donor eligibility. If you haven't been told specifically by a medical professional that you should not give blood, feel free to contact the knowledgeable staff at Vitalant. For more information about donor eligibility, go to vitalant.org/Donate/Donor-Eligibility



To learn more, please visit us at vitalant.org/blooddrive

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