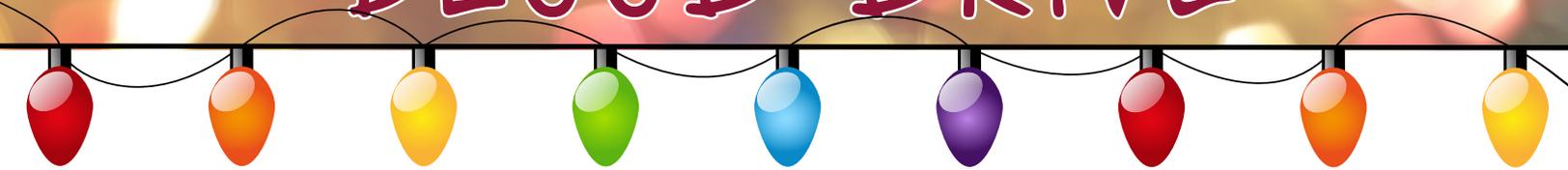


Holiday Lights

BLOOD DRIVE



Promotion runs 11/28/2016-12/12/2016. All participating donors will receive one (1) ticket to the Kennywood Holiday Lights. Tickets, prizes and giveaways are nontransferable, nonrefundable and not redeemable for cash. Must be at least 17 years of age (16 years of age with signed parental consent) for actual donation. ITxM and Central Blood Bank employees and their immediate family members are not eligible to participate. Void where prohibited by law. Please bring ID with you on the day of donation. Proper ID is required to donate blood. A Central Blood Bank or military ID, driver's license, passport or employee or student ID with picture and full name are all approved forms of ID. Birth certificate along with a picture ID that includes the donor's full name will also be accepted.



CENTRAL BLOOD BANK

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DONOR ELIGIBILITY

RECRUITMENT GUIDELINES

Donor eligibility must be determined on the day of donation by the individual conducting the review of the donor's medical history. This information is provided as a general guideline for donor recruiters and blood drive coordinators regarding the donor eligibility requirements of Central Blood Bank.

Most people are medically eligible to donate blood. However, there are a few exceptions. Below is a list of common deferrals. **With specific questions, contact the Medical Help Desk at 800.310.9556 or ask the Medical Interviewer.**

MINIMUM REQUIREMENTS

To donate whole blood:

- Donors must be at least 17 years of age (16 years of age with signed Central Blood Bank parental consent form).
- Donors must weigh at least 110 pounds.
- Donors must be in general good health.

To donate double red blood cells:

- Males must weigh at least 130 pounds and be at least 5'1" tall.
- Females must weigh at least 150 pounds and be at least 5'3" tall.

Donation Interval:

- There must be at least 56 days between whole blood donations.
- There must be at least 112 days between double red blood cell donations.
- Platelet donors can donate every seven days and up to 24 times a year.
- Plasma donors are eligible to donate every 29 days.

Donor must pass a mini-physical:

- Hemoglobin, blood pressure, pulse and temperature.

CONDITIONS FOR DEFERRAL

A donor is not suitable to donate if he/she:

- Is currently taking antibiotics for an infection.
- Has received blood or blood products in the last 12 months.
- Immigrated from an area at risk for malaria within the past three years
- Has experienced symptoms of malaria within the past three years.
- Has been pregnant within the past six weeks.
- Received a tattoo within the past 12 months in a state without regulated tattoo facilities (no deferral if received in regulated state).
- Has ever treated his/her diabetes with bovine insulin (diabetes is acceptable if under control).

The following vaccines are acceptable as long as the donor doesn't have symptoms from the vaccination:

- Anthrax
- Cholera
- Diptheria
- DPT
- HPV (e.g. Gardasil)
- Influenza
- Meningitis
- Tetanus Toxoid
- Whooping Cough
- Pneumovax (pneumonia)

DONOR ELIGIBILITY

RECRUITMENT GUIDELINES (continued)

CONDITIONS FOR MEDICATION

A donor is not suitable to donate if the following have been:

Taken within the past four weeks:

- Accutane (isotretinoin)
- Proscar (finasteride)
- Propecia (finasteride)

Taken within the past six months:

- Avodart (dutasteride)
- Isoniazid (INH)

Taken within the past three years:

- Soriatane (acitretin)

Ever taken or received:

- Insulin from cows (bovine insulin)
- Factor concentrates
- Human Pituitary-Derived Growth Hormone (prior to 1986)
- Tegison (etretinate)
- Anabolic steroid (injected) without a prescription

Please Note:

- A donor is not suitable to donate if currently taking experimental or investigational drugs or vaccines not approved by the FDA.
- Donors taking aspirin have no waiting period for whole blood donation.
- Timeframes for suitability exist for anti-coagulant and anti-platelet medications. Please let the staff know if you are on these medications.

CONDITIONS FOR TRAVEL

Donors will not be suitable to donate if they have been in the Caribbean or other Zika affected areas (such as Central or South America) in the past 28 days.

A donor is not suitable to donate if he/she has traveled to or lived in an area at risk for malaria within the last 12 months*:

- Costa Rica
- Haiti
- Labadee
- Dominican Republic
- Korea
- India
- China – refer to Medical Help Desk

A donor is not suitable to donate if he/she has spent a total time that adds up to:

- Three months or more from Jan. 1, 1980, through Dec. 31, 1996, in the United Kingdom (England, Scotland, Wales, Northern Ireland, Isle of Man, Channel Islands, Gibraltar, or Falkland Islands).
- Five years or more in Europe since Jan. 1, 1980.

*** Travel restrictions are constantly changing.**

For a complete list of areas or for questions on specific areas, contact the Medical Help Desk at **800.310.9556**.

Please bring ID with you on the day of the blood drive. Proper ID is required to donate blood. A Central Blood Bank or military ID, driver's license, or passport or employee or student ID with picture and full name are all approved forms of ID. Birth certificate along with a picture ID that includes the donor's full name will also be accepted.

DONATING MADE EASY

WE WANT TO MAKE IT EASY FOR YOU TO SAVE AREA LIVES.

It's important to us that you have an enjoyable blood donation experience.

Your blood donation actually begins before you arrive at a community donor center or mobile blood drive. Preparation for your visit consists of following a few simple instructions. Doing so will help ensure that you can successfully donate blood and save lives!

Eat...

- A healthy meal within two hours of your of your appointment or walk-in visit.
- Iron-rich foods, including red meat, green leafy vegetables and iron-fortified cereals (e.g. Raisin Bran[®]), especially if you are a regular donor.

Drink...

- Plenty of non-caffeinated, non-alcoholic beverages such as water, juice or Gatorade[®] one hour before donating. (Examples of caffeinated beverages that are **not** recommended include coffee, iced tea, energy drinks and caffeinated sodas such as Mountain Dew[®], Coca-Cola[®] and Pepsi[®].)
- At least eight ounces (about one full glass) of juice, water or Gatorade[®] after the medical screening and before the donation. Drinks will be provided.

Do...

- Get a good night's rest (6 - 8 hours) before the day of your donation.
- Wear warm, non-restrictive clothing on cold days.

Do Not...

- Smoke for at least one hour before donating.
- Chew gum, mints or candy immediately before or during your donation.

The Iron Element

When your body is low in iron, your red blood cells decrease and you may feel tired or run down. Iron is a mineral your body needs to help form red blood cells and carry oxygen. Regularly eating iron-rich foods helps strengthen your iron levels and prepares you for a successful blood donation.

What foods should I eat to raise my iron levels?

Eating a properly balanced diet consisting of the food listed below can help boost your iron levels prior to your visit.

- | | | |
|-------------------------------------|--------------------------------|--------------------------------------|
| • Red Meat | • Breads | • Liver |
| • Poultry | • Dark green, leafy vegetables | • Tuna |
| • Beans (dried, kidney, pinto, soy) | • Dark molasses | • Breakfast cereals with dried fruit |
| • Peas | • Eggs | • Peanut Butter |

- Vitamin C-rich foods (e.g. dried fruits such as raisins, apricots and peaches) assist with iron absorption.
- Avoid drinking tea with meals that are high in iron. Tea contains tannin, which can inhibit iron absorption.

DONATING MADE EASY (CONT.)

BLOOD DONATION PROCESS

The entire whole blood donation process, from registration to refreshments, takes approximately one hour. Every step of the blood donation process follows strict procedures to ensure the safety of the donor and of the blood supply.

- 1** Registration
 - Present proper photo identification.
 - Provide general information (e.g. name and address) for records.
 - Read information sheet about donating blood.
- 2** Mini-Physical
 - A staff member will check temperature, pulse and blood pressure.
 - Hemoglobin (iron) levels are checked by testing a drop of blood.
- 3** Medical Interview
 - Discuss past and present medical history with a Central Blood Bank staff member. (Information is discussed privately and kept strictly confidential.)
- 4** Pre-Donation Refreshments
 - Before donating, we ask donors to drink a few glasses of non-caffeinated fluids to help hydration levels.
- 5** Donation
 - Lie down in a comfortable bed in the donation area.
 - A trained phlebotomist will sterilize the area of the arm before drawing the blood.
 - The actual donation takes about 10 to 15 minutes. All materials used during the donation are pre-packaged, sterile, and disposable. These materials are used only once and then discarded.
 - Upon completion of the donation, the needle is removed and the arm is bandaged.
- 6** Refreshments and Relaxation
 - Rest and enjoy light refreshments in the café area.
 - After 15 minutes, donors are welcome to continue on with their day knowing they helped save lives.
- 7** Post-Donation
 - Donors should avoid strenuous activity or heavy lifting for a few hours following donation.
 - If donors feel lightheaded, lie down until it passes.

A Simple Technique You May Want to Try

Occasionally during the donation process, donors may feel lightheaded or dizzy. A simple muscle technique known as Applied Muscle Tension (AMT) may help prevent this.

AMT is a behavioral technique that donors can use to make their donation experience a more pleasant one. This technique involves visualizing your body in three major muscle sections: upper body, abdomen and legs. Begin by tensing the muscles in your upper body while silently counting to five. After reaching five, relax your upper body and begin tensing your abdomen. Again, count to five then relax before moving on to your legs. Repeat this technique from the moment you reach the bed until your donation is complete.

BRING ID

Please bring ID with you on the day of the blood drive. Proper ID is required to donate blood. A Central Blood Bank or military ID, driver's license, passport, or employee or student ID with picture and full name are all approved forms of ID. Birth certificate along with a picture ID that includes the donor's full name will also be accepted.

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DONATE BLOOD.
SAVE LIVES.

IRON IN YOUR DIET

When your body is low in iron, your red blood cells decrease and you may feel tired or run down. Iron is a mineral your body needs to help form red blood cells and carry oxygen. Not having enough iron in your blood can prevent you from donating blood. Regularly eating iron-rich foods helps strengthen your iron levels, which helps prepare you for a successful blood donation.

WHAT FOOD SHOULD I EAT TO RAISE MY IRON LEVELS?

It's easy to raise your iron levels. Eating a properly balanced diet that includes the foods listed below can help boost your iron levels prior to your visit.

- red meat
- dried beans (e.g. kidney, pinto, soy)
- breads
- dark molasses
- liver
- breakfast cereals with dried fruit
- poultry
- peas
- eggs
- dark green, leafy vegetables
- tuna
- peanut butter

MORE TIPS TO INCREASE IRON IN YOUR DIET

- Vitamin C-rich foods (e.g. dried fruits such as raisins, apricots, peaches) assist with iron absorption.
- Avoid drinking tea with meals that are high in iron. Tea contains tannin, which can inhibit the absorption of iron.
- Dried beans and peas provide both iron and protein in your diet.

RECOMMENDED DAILY ALLOWANCE FOR IRON

AGE	MALES (MG/DAY)	FEMALES (MG/DAY)
14 - 18 YEARS	11	15
19 - 50 YEARS	8	18
51+ YEARS	8	8

IRON IN YOUR DIET (CONT.)

IRON IS FOUND IN THESE FOOD GROUPS

FRUITS AND VEGETABLES	AMOUNT	IRON (mg)
prune juice	1/2 cup	5.3
prunes and dates	1/2 cup	2.4
prunes, dried	5 medium	1.2
lima beans	1/2 cup	2.9
peas, green, canned	1/2 cup	2.1
spinach, cooked	1/2 cup	2.0
tomato juice, canned	1/2 cup	1.1
greens (kale, turnip, collard)	1/2 cup	1.0
raisins	2 tsp	0.8
peaches, apricots (dried)	1 medium	0.5
broccoli	1/2 cup	0.7
green beans	1/2 cup	0.8
beets	1 cup	1.8
potato, fresh-baked, cooked with skin on	1	4.0
vegetables, green leafy	1/2 cup	2.0
watermelon	6 in.x1/2 in. slice	3.0

PROTEIN-RICH FOODS	AMOUNT	IRON (mg)
liver (pork), cooked	3 oz	24.7
liver (beef), cooked	3 oz	8.0 - 25.0
liver (chicken), cooked	3 oz	8.0 - 25.0
garbanzo beans	1 cup	6.0
beef, pork, lamb	3 oz	2.3 - 3.0
beans, baked with molasses	1 cup	5.5
liverwurst (braunschweiger)	3 oz	4.6
lentils, cooked	1 cup	4.2
chili con carne	1 cup	4.2
pork loin chop	3 oz	3.8
peas, dry-split, cooked	1 cup	3.4
hamburger patty, cooked	3 oz	3.0
roast beef, lean and marbled	2 slices	3.4
tuna, canned, drained	1/2 cup	1.6
turkey or chicken	3/4 cup	2.6
egg, cooked	1 large	1.1
luncheon meat	2 slices	1.0
hot dog	1	0.8
peanut butter	2 tsp	0.6

LEGUMES, SEEDS AND SOY	AMOUNT	IRON (mg)
sunflower seeds	1 oz	1.4
soy milk	1 cup	1.4
kidney beans	1/2 cup canned	1.6
chick peas	1/2 cup canned	1.6
tofu, firm	1/2 cup	1.8
soy burger	1 average	1.8 - 3.9

LIST OF IRON-RICH GRAINS	AMOUNT	IRON (mg)
brown rice	1 cup	0.8
whole wheat bread	1 slice	0.9
wheat germ	2 tsp	1.1
English muffin	1 plain	1.4
oatmeal	1 cup cooked	1.6
Total® cereal	1 oz	18.0
Cream of Wheat®	1 cup	10.0
pita	1 slice/piece, 6 1/2 in.	1.9
spaghetti	1 cup	2.0
Raisin Bran® cereal	1 cup	6.3

OTHER FOODS	AMOUNT	IRON (mg)
black strap molasses, dark	1 tsp	3.2
molasses, light	1 tsp	0.9
bread, enriched white	1 slice	0.6
bread, whole wheat	1 slice	0.7
clams, oysters	3/4 cup	3.0
pizza, cheese or pepperoni	1/2 of a 10- inch pie	4.5 - 5.5

BRING ID

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