

# Confidentiality Agreement

It is the policy of LifeShare Blood Center to maintain the confidentiality of all personal information relating to LifeShare's blood donors.

I understand that I may have been provided with personal information relating to donors. I understand that this information is to be used only for the purposes of recruiting donors, scheduling donations, and recognition of donors.

I agree that I will maintain the confidentiality of all personal information relating to donors. I will not discuss donor information with any person, except authorized LifeShare Blood Center employees. I agree to dispose of all donor lists and reports containing identifying information in a confidential manner after its use.

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Signature

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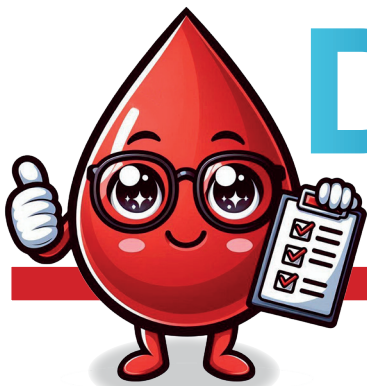
Date

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Organization

*We connect donors and the lives they impact.*





# Drive Chair

Running a successful blood drive = meeting patient needs

\_\_\_\_\_ # of donors anticipated \_\_\_\_\_ # of donors scheduled in \_\_\_\_\_ minute increments

## Getting Started (8-6 weeks before the blood drive)



- ☐ Secure Date & Time of Drive
- ☐ Secure Blood Drive Site / Book the Room
- ☐ Recruit Volunteers

Like donating blood, volunteering your time to help LifeShare run safe, effective, and repeat blood drives allows you to make a huge difference.



### Blood Drive Chairperson.

*You are Awesome!*

The Blood Drive Chairperson helps ensure a safe and sustainable supply of blood for use in local hospitals. Responsibilities of this role include: recruiting and educating donors, advertising your blood drive, and thanking donors for their donation. The Blood Drive Chairperson helps ensure a safe and sustainable supply of blood for use in local hospitals.



### Registration Host

The Registration Host is often the first person blood donors see when they arrive to donate. Individuals who are detail-oriented, warm and engaging, and passionate about welcoming others will thrive in this position.



### Canteen Host

The Canteen Host has one of the best volunteer roles: hanging out with donors when they're done, ensuring they feel well after their donation, handing out their donor gift, and making sure they get plenty of snacks!

## Meet with Your Account Manager (4-6 weeks before the blood drive)

- ☐ We will provide you with recruitment materials
- ☐ If possible schedule a recruitment meeting with donors
- ☐ Do a site check with your Rep / order tables and chairs
- ☐ Review marketing materials, ensure correct address, date, and time

## Publicize Your Blood Drive (4 weeks before the blood drive)



- ☐ Hang Posters
- ☐ Videos
- ☐ Internal Portal
- ☐ Texting Committee
- ☐ Donor Scheduling
- ☐ Speaking Opportunities
- ☐ Newsletters
- ☐ Giveaways
- ☐ Email
- ☐ Website & Social Media
- ☐ Bulletins
- ☐ Incentives

## Final Countdown (1-3 days before the blood drive)



- ☐ Confirm donor appointments
- ☐ Clean and clear space where the blood drive will take place
- ☐ Is the room large enough for the blood drive?
- ☐ Is there adequate light, heating or air conditioning?
- ☐ Have room set up for drive
- ☐ Is there adequate access to electrical outlets?
- ☐ Send out a reminder e-mail
- ☐ Please provide at least 3 tables and 6 chairs
- ☐ Parking for LifeShare mobile collection vehicle(s)
- ☐ Please provide adequate access to restrooms
- ☐ If required, get badges for blood center staff

## Day of the Blood Drive



- ☐ Unloading area is accessible to LifeShare staff
- ☐ Greet staff and provide them with schedule
- ☐ Allow 6 to 8 parking spots for donor coach to park
- ☐ Contact No Shows - for last push
- ☐ Donor coach parking easily accessible to donors
- ☐ Thank Donors
- ☐ Put up "Blood Drive" signs
- ☐ Make sure air conditioning is on and room is cool

*We connect donors and the lives they impact.*



# Donor Registration and Scheduling

Blood Drive Name			Blood Drive Date			Blood Drive Day			Blood Drive Hours		
Time	Name	Phone#	Time	Name	Phone#	Time	Name	Phone#	Time	Name	Phone#
1.			26.								
2.			27.								
3.			28.								
4.			29.								
5.			30.								
6.			31.								
7.			32.								
8.			33.								
9.			34.								
10.			35.								
11.			36.								
12.			37.								
13.			38.								
14.			39.								
15.			40.								
16.			41.								
17.			42.								
18.			43.								
19.			44.								
20.			45.								
21.			46.								
22.			47.								
23.			48.								
24.											
25.											

Schedule \_\_\_\_\_ donors  
every \_\_\_\_\_ minutes

*We connect donors and the lives they impact.*

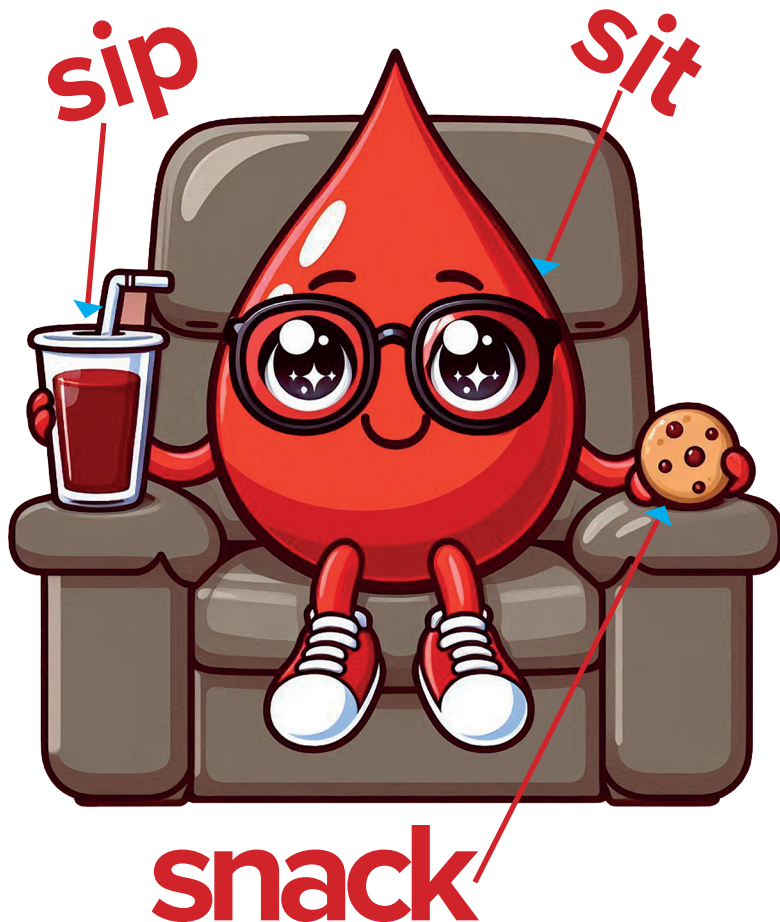


# Thank You for your life-saving donation today!



Matthew Branch | Hunting Accident | 300+ Units of Blood

## Post Donation



**Sip your drink and  
enjoy a snack for  
at least 15 minutes  
before leaving. Let  
someone know if  
you don't feel well.**

Please be sure you make an appointment for your next donation before you leave. Any technician can help you schedule the appointment.

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 **LifeShare**



# Frequently Asked Questions About Blood Donation

## Who might use blood?

ONE IN THREE PEOPLE NEED BLOOD IN THEIR LIFETIME. IF YOU DON'T NEED BLOOD, IT'S ALMOST CERTAIN SOMEONE CLOSE TO YOU WILL. AS A COMMUNITY BLOOD CENTER, WE PROVIDE BLOOD TO 100 HOSPITALS AND MEDICAL FACILITIES IN OUR COMMUNITIES.

02

## Is it safe? Does it hurt?

DONATING BLOOD IS SAFE. ALL MATERIALS ARE USED ONCE, AND THEN DISCARDED. YOU CANNOT GET ANY INFECTIOUS DISEASE BY DONATING BLOOD. THE ACTUAL NEEDLE STICK HURTS NO MORE THAN A PINCH. MOST PEOPLE FEEL FINE AFTERWARD, BUT WE ALWAYS RECOMMEND THAT YOU BE WELL HYDRATED AND EAT A GOOD MEAL IN ADVANCE. EATING A LITTLE SALTY FOOD WITHIN THE 24 HOURS BEFORE YOU DONATE MAY ALSO BE HELPFUL.

01

## How long does it take?

THE ENTIRE DONATION PROCESS TAKES LESS THAN AN HOUR (AUTOMATED DONATIONS MAY TAKE LONGER). THIS TIME INCLUDES THE INTERVIEW BEFORE THE DONATION, THE MINI-PHYSICAL, AND THE REFRESHMENTS AFTERWARDS. FOR YOUR SAFETY, STAY IN THE REFRESHMENT AREA FOR AT LEAST 15 MINUTES FOLLOWING THE DONATION.

03

04

## How old do I have to be to donate?

VOLUNTEER BLOOD DONORS MUST BE 16 OR OLDER, IN GOOD HEALTH, AND MEET THE HEIGHT/WEIGHT REQUIREMENTS. ON THE DAY OF THE DONATION DONORS:

- DONORS AGED 16 MUST BRING THE SIGNED MINOR DONOR PERMIT WHEN DONATING
- SHOW ID CONTAINING PHOTO, NAME, AND DATE OF BIRTH OR BLOOD CENTER ASSIGNED DONOR NUMBER
- HAVE EATEN A HEALTHY MEAL PRIOR TO DONATING
- DRINK 16 OZ. OF WATER 10 - 30 MINUTES BEFORE DONATING. (SODA, COFFEE AND TEA DON'T COUNT.)

05

## What kind of physical activity can I do afterward?

AFTER SITTING FOR AT LEAST 15 MINUTES, YOU MAY RESUME NORMAL ACTIVITY. HOWEVER, AVOID STRENUOUS PHYSICAL ACTIVITY OR LIFTING HEAVY OBJECTS FOR FOUR HOURS. BE SURE TO INCREASE YOUR WATER INTAKE, AND EAT WELL AT YOUR NEXT REGULAR MEAL.

06

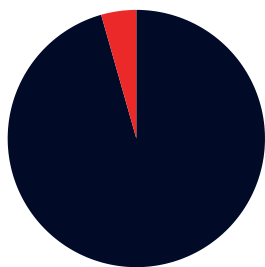
## I Have More Questions, How Do I Get Answers?

WE ARE SO HAPPY YOU'RE TAKING THE NEXT STEP TOWARD SAVING LIVES! IF YOU HAVE QUESTIONS ABOUT THE BLOOD DONATION PROCESS, WHAT TO EXPECT, AND WHAT YOU NEED TO DO TO PREPARE, WE'RE HERE TO HELP. CONTACT US ANYTIME, AND WE'LL ANSWER YOUR QUESTIONS, PROVIDE SUPPORT, AND HELP YOU FEEL MORE COMFORTABLE ABOUT MAKING THE CHOICE TO DONATE BLOOD.

FOR MORE INFORMATION VISIT [LIFESHARE.ORG/FAQS](http://LIFESHARE.ORG/FAQS)



# A SNAPSHOT OF BLOOD DONATION IN THE U.S.



**3%**

65% of people are eligible to donate blood. Only 3% of them do.

**33%**

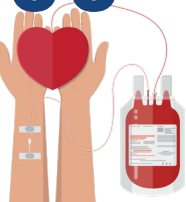
1 in 3 people will need blood...that's 33%



25% of the blood supply is used by patients battling cancer.

**42,000**

42,000 blood components are used every day.



Every 2 seconds someone needs blood.

**652,000**

On average, pediatric patients use 652,000 units of blood annually.



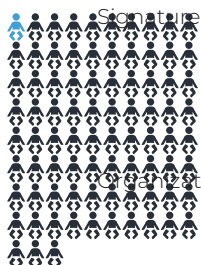
1 in 13 African American babies are born with the Sickle Cell trait.



1 in 3 African American blood donors are a match for a patient with Sickle Cell Disease.



12.2% of blood donations are from minority donors.



**1/83**

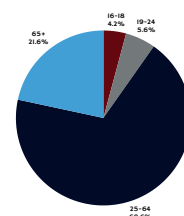
1 in 83 infant deliveries requires a blood transfusion.

**2+**

Every blood donation can impact 2 or more lives.



**Donors by Age**



16-18 = 4.2%  
19-24 = 5.6%  
25-64 = 68.8%  
65+ = 21.6%

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**LifeShare**



# Donor Qualifications

To donate blood you must be at least 16 years of age, in good health, show a photo ID with name and date of birth at registration, and meet the height/weight guidelines. If you are 16, bring a signed permission form when donating. The form can be found online at [www.lifeshare.org/giving-blood](http://www.lifeshare.org/giving-blood). Eat a well balanced meal and increase your water intake prior to giving blood.

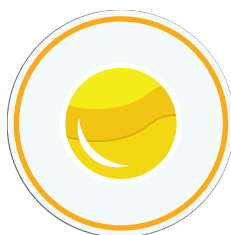
## Donation Types And Frequency



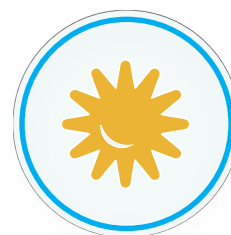
**Whole Blood**  
8 weeks (56 days)



**Double Red (ALYX)**  
16 weeks (112 days)



**Platelets**  
14 days



**Plasma**  
28 days

Patient needs change daily and you may be asked to give a donation type based on current patient needs and your blood type. Please schedule your donation appointment to minimize wait time and to help LifeShare forecast transfusion product availability.

## You Can Donate Even If...

1. You take HIGH BLOOD PRESSURE MEDICATION. You may donate if your blood pressure is within acceptable limits at the time of donation.
2. You take CHOLESTEROL MEDICATION. It is not cause for deferral.
3. You have DIABETES. You may donate blood if you have diabetes, even if you are insulin dependent.
4. You have RHEUMATOID ARTHRITIS. Donors who have been previously deferred may now be eligible to give blood provided the medications they are taking are acceptable.
5. You have a TATTOO or BODY PIERCING. You may donate right away if it was done in a state licensed facility.
6. You had CANCER. Some previously deferred donors can now give blood if it has been one year from the end of completion of chemotherapy with no recurrence of cancer. Minor treated skin cancer is not cause for deferral.
7. You have taken MALARIA medications. If you have taken medications to prevent malaria, but have not traveled to a malaria endemic area you can donate blood. Please specify the exact location of your travels so that donation eligibility can be determined.
8. You have taken, ASPIRIN, TYLENOL, ADVIL, or other MEDICATIONS. Please review medication deferral list.
9. You may donate even though you are TAKING MEDICATION. (Please know the names of your medications and why you are taking them.)
10. You are a member of the LGBTQ+ community.
11. You USE CANNIBAS as long as you are not currently under the influence.
12. You HAVE LIVED IN EUROPE and/or were previously deferred due to MAD COW.

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# FACTS ABOUT IRON

Approximately half of the people who attempt to donate are deferred due to low iron. This is the #1 cause of donation deferrals.

**Iron is a component of the body's red blood cells (hemoglobin). Its function is to carry oxygen through the body. Hemoglobin level varies from day-to-day and is affected by the amount of fluid consumed, kinds of food eaten, shifts in body fluid, physical activity, temperature, and humidity. If depletion of iron reserves occur, the body cannot make hemoglobin, and the result is anemia.**

**Recommended daily requirements (RDA) for men is 10mgs and 18mgs for women.**

**Iron is our most common nutritional deficient vitamin or mineral. 75% of women 18-44 get only about half of their RDA of iron.**

## POSSIBLE REASONS FOR DEFICIENCIES

### Dieting

- Food intake is less
- Red meat consumption is less
- Blood Loss
- Menstruation, especially a heavy or prolonged flow
- Extensive oral surgery
- Peptic ulcers, colitis, diverticular disease, hemorrhoids

### Medications

- Aspirin, regular use can irritate the stomach lining
- Antacids in large amounts block iron absorption

### Foods

- The tannic acid in tea can reduce iron absorption by half
- Food additives such as phosphate found in baked goods, candy, beer, soft drinks, and ice cream can reduce iron absorption
- EDTA is a food preservative found on almost every food label which reduces iron absorption
- Processed foods, such as breads and cereals, contain the wrong type of iron and are poorly absorbed by our bodies

## IRON SUPPLEMENTS

There are two kinds of iron in foods: heme iron, found in meats and readily absorbed, and non heme iron, found in green vegetables, nuts, dry beans, raisins, and other fruits. The non heme iron needs a boost to be absorbed, and the boost is either a heme source (meat, poultry or fish) or vitamin C. One or the other should be included with every meal. The addition of 60mgs of vitamin C (such as a half cup of orange juice) can triple iron absorption from the rest of the meal.

## THE HIGHEST SOURCE OF VITAMIN C

(75mgs or more per serving)

Cantaloupe - ½ melon  
Orange juice - 1 cup  
Peppers, diced - ½ cup  
Strawberries - 1 cup  
Grapefruit juice - 1 cup

## GOOD SOURCE OF VITAMIN C

(25 - 75mgs per serving)

Cabbage - ½ cup  
Tomato - large  
Tomato juice - 1 cup  
Sweet potato - 1 baked  
Potato - 1 baked  
Broccoli chopped and cooked - ½ cup  
Cauliflower cooked - ½ cup  
Spinach cooked - ½ cup

Over-absorption of iron from food is not a common event. The amount absorbed depends on what is already stored in the body. If reserves are low, the body will absorb more. If reserves are adequate, the body will absorb less. If an iron supplement is taken the label should read "ferrous iron". No iron pill is as effective as iron existing in food. Two tablets of ferrous gluconate contain 70mgs of iron but only 25mgs will be absorbed by the body.

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# Food Sources of Iron

The overall best source of iron is liver, followed by red meats, beans, dark meat, poultry, green leafy vegetables, and whole wheat grains. Black strap molasses sometimes called black gold is another excellent source of iron rich food. Dry cereals high in iron are: Product 19, Total, All Bran, Life, and Wheaties. However, some of these may have a high salt content and may not be a good food choice for someone needing to limit salt intake.

## FOOD

## PORTION

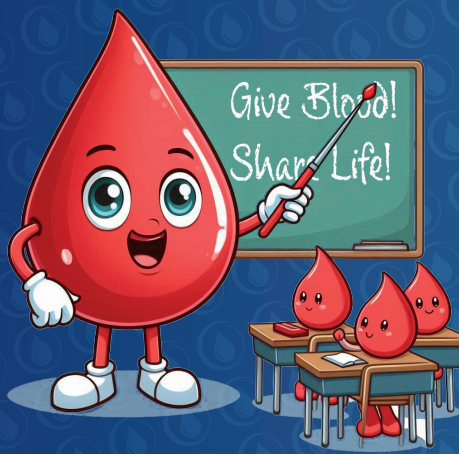
## IRON MGS

Calf liver	3 oz.	12.1
Beef liver	4 oz.	10.0
Roast beef	4 oz.	4.1
Prune juice	½ cup	5.3
Ground beef, lean	4 oz.	4.0
Turkey meat, dark	4 oz.	2.6
Turkey meat, light	4 oz.	1.3
Clams	3 oz. cooked	4.0
Kidney Beans	3 oz. cooked	6.8
Lima beans	½ cup	2.9
Dried apricots	1/4 cup	1.8
Raw broccoli	1 stalk	1.7
Spinach, raw and chopped	1 cup	1.7
Peas, fresh and cooked	½ cup	1.5
Raisins	1/4 cup	1.3
Haddock	4 oz	1.2
Codfish	4 oz.	1.2
Cucumbers	1 medium	2.6
Liverwurst	2 oz.	3.0
Oysters	6 - 8 (4 oz.)	6.6
Sunflower seeds	½ cup	2.6
Roasted peanuts	1 3/4 oz.	1.0
Almonds	1 3/4 oz	2.4
Poached egg	1	1.2
Potato chips	3 ½ oz.	1.8
Peanut butter	1 3/4 oz.	1.0
Salmon	3 ½ oz	1.2
Squash	3 ½ oz.	1.9
Tuna	3 ½ oz.	1.9
Ham	3 ½ oz.	2.9
Bittersweet chocolate	1 oz.	1.4

Recommended daily requirements of iron are 18mgs for women and 10mgs for men.

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# Important Information

For Parents, School Health Providers, and Faculty

**Congratulations on becoming a life-saving partner in our community! Young, healthy donors are a key part of having an adequate blood supply throughout the country. We work every day to ensure life-saving blood is available for everyone in our community who needs it. In doing so, the safety of blood donors and the blood supply is of paramount importance to us.**

**Working together, we can help ensure a positive experience for blood donors at your drive. Below are some important facts to support a successful donation experience for young donors.**

## Before blood donation

- Each student should eat well, preferably 60 to 90 minutes before donating. Having only a Pop Tart for breakfast at 7 a.m. and then donating at noon is NOT a good idea. Some schools have snack stations.
- Students should also drink extra fluids prior to and after donating. Although being hydrated is important, recent research notes that providing 8 to 12 ounces of room temperature water to students just prior to donation (after temperature and finger-stick) gives an added bonus providing Positive Gastric Distention which, in short, is putting a little extra pressure on the gut to raise blood pressure enough to keep most students from feeling “light-headed” from the fluid loss of a pint of whole blood or packed red cells.
- A hydration station is provided as a routine part of a

high school blood drive.

## During Blood Donation

- Most reactions are caused by extreme nervousness. These vasovagal reactions can usually be avoided if the student remains calm and focuses on slow, rhythmic breathing.
- Our team is trained to notice early signs of a reaction (light headedness, yawning, or becoming hot and sweating) and to intervene. Advise students to let us know immediately if they feel different so precautions can be taken (head lowered and legs elevated, ice pack, distraction).
- Should fainting occur it is usually a self-correcting condition where normal circulation to the brain resumes. As long as the person recovers quickly and has no lasting signals, it should not be necessary to call EMS. Our team is trained in first aid and will recognize conditions in which additional care would be necessary (prolonged loss of consciousness or prolonged vomiting).

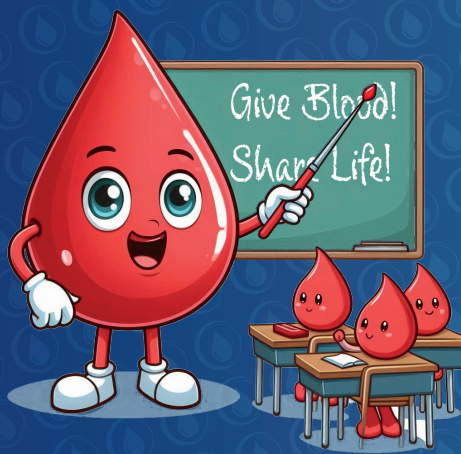
## After the donation

We appreciate your support by allowing students to SIT, SIP, and SNACK!

- Donors should get up from the donor bed slowly and sit on the side of the bed. Each donor is to remain in the refreshment area at least 15 minutes, relaxing and enjoying refreshments.
- If the student begins to feel light-headed or dizzy after leaving the donation area, he or she should sit or lie on the floor immediately to avoid falling and

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# Important Information

For Parents, School Health Providers, and Faculty

send someone for help. If our team is still in the facility, they will come to the aid of the student.

- First aid measures include lowering the head then elevating the legs and feet to improve venous return. The donor should be encouraged to breathe deeply (inhaling through the nose/exhaling through the mouth) to improve oxygenation. The student needs to lie quietly for a while after a brief fainting or near-fainting episode. They will usually feel better soon after resting and drinking more fluids.
- All donors should heed instructions to “make your next meal a good one” and to “drink plenty of fluids for the next several hours.”
- Normal activity need not be routinely restricted, but strenuous exercise and heavy weight lifting should be avoided for several hours. If the student feels tired or has experienced a fainting episode, encourage them to “take it easy” until they feel restored.
- Bruising can result when blood accumulates beneath the skin. To minimize this, we instruct donors to hold pressure on the site by putting the thumb under the elbow and hold the gauze firmly with three fingers, while lifting the arm straight up as if to answer a question in school. The bandage applied immediately after the donation should be left on for at least two hours. Most painless bruising should not be a cause for great concern. If the bruise is not causing pain and it is soft, it will begin to spread and turn different colors as the capillaries beneath

the skin begin to absorb the blood that has accumulated. If the bruise is painful or if a hard knot develops, please call the blood center for follow-up instructions.

- If the parent, student, or faculty becomes concerned about any post-donation experience, they should call their local LifeShare Blood Center to discuss their concerns and to obtain further instructions if needed.

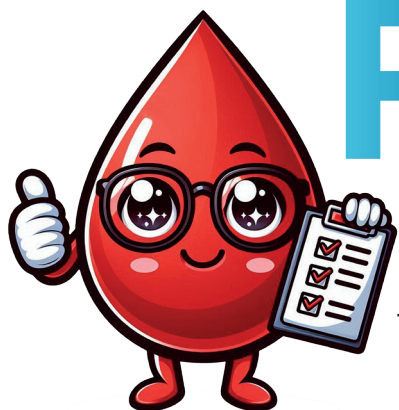
## Follow up

- Blood Center personnel will follow-up with a phone call to any student who has experienced a reaction, no matter how mild. This gives the student (or parent) a chance to discuss any concerns that may have developed. If we cannot reach the student or a parent (usually the next day), a letter will be sent to inquire about the recovery.
- Donating blood is a safe way for students to make a positive impact in their community. Usually, any initial feelings of fear or nervousness are overcome and replaced with the reward of knowing that their donation provided an irreplaceable medical treatment to save or improve another's life.

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# Prepare *to Give*

For the most comfortable experience giving blood, we recommend you follow this guideline. The most important thing to do before giving blood is to ensure you eat a balanced meal and hydrate well beforehand.

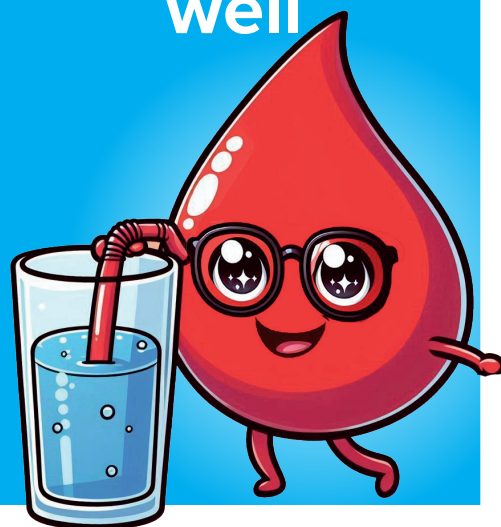
**Make an appointment**



**Get a good night's sleep**



**Hydrate well**



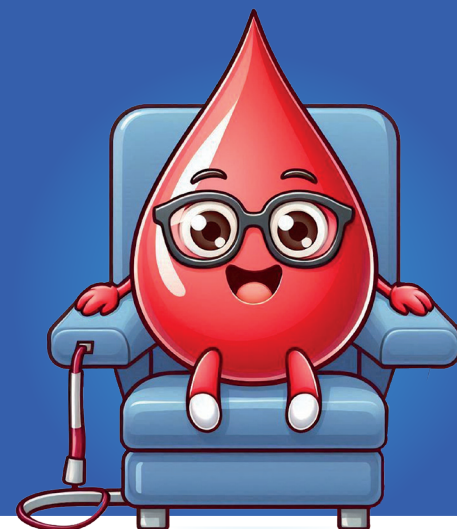
**Eat a healthy meal**



**Complete DonorPass**



**Donate**



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 **LifeShare**





### What is a Replenishment Blood Drive?

LifeShare's Replenishment Program allows donors to give blood on behalf of someone who is using, has used, or will use blood products. Although the blood does not go directly to the beneficiary in the form of a transfusion, it helps by offsetting some of the associated costs of blood products. Most importantly, the program helps to restore the community blood supply so products are available to local patients in need.

### What are the benefits you can get from the program?

For each whole blood donation, LifeShare will provide a \$15 reimbursement towards the beneficiary patient's blood usage. For any automated donation, LifeShare will provide \$30 towards the beneficiary patient's blood usage.

### How do I set up a blood drive?

To maximize participation, LifeShare strongly encourages family and friends to host mobile blood drives in their community to benefit the specific patient. The best place to start is by simply contacting an account manager at your local LifeShare office.

### Why should you set up a replenishment drive?

By the time your loved one is in need of blood someone from the community has donated to save their life. It takes at least 24-48 hours after someone gives before it is available for use. Having a replenishment drive is an easy way to honor your loved one and the ones that saved their life, as well as helping to restock the shelves to help save the next loved one.

## 5 Easy Steps To This Program



**Contact your local LifeShare Blood Center**

Call 800.256.5433 or visit [lifeshare.org/host-a-blood-drive/](https://lifeshare.org/host-a-blood-drive/)



**Fill out all necessary paperwork**



**Set up your blood drive**



**Host your blood drive**



**Receive your check**

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# What Should You Donate?

Based on your blood type and patient needs, giving the right type of donation helps ensure the best use of your life-saving gift.



## Whole Blood

**Whole Blood Donations** are the oldest form and traditional type of donation. Whole blood is transfused to help patients when separated into its specific components of red cells, platelets, and plasma.

**Shelf Life:** up to 42 days

## ALYX Red Cells

**ALYX Donations** improve safety for patients and donors. A smaller needle is used in the automated process and results in only the donation of red blood cells — the most needed blood component. The donor loses less blood overall and the patient receives two doses of red cells from the same donor.

**Shelf Life:** up to 42 days

## Platelets

**Platelets** are the cells that circulate within our blood and bind together when they recognize damaged blood cells. Platelets can only be donated at a LifeShare donor center. Donors who give platelets do not give red cells during the donation process. Platelet donors are frequently needed because the shelf-life for platelets is only 5 to 7 days.

**Shelf Life:** 5 to 7 days

## Plasma

**Plasma** is the liquid component of blood and transports cells, proteins, hormones, and vitamins. Your plasma contains proteins which defend our bodies against invaders and help blood to clot.

**Shelf Life:** up to 1 year

Key Use	Donate Every
Surgery or trauma	every 56 days max. 6 times per year

Key Use	Donate Every
Pediatric patients, trauma or surgery patients, and people with severe anemia.	every 112 days max. 3 Times per year

Key Use	Donate Every
Patients with blood disorders, open heart surgery, organ transplant, & cancer patients.	every 14 days max. 26 times per year

Key Use	Donate Every
Patients with severe Burns, clotting disorders, or in shock.	every 28 days max. 12 times per year

### Preferred donation based on ABO TYPE

ABO Type	O+	O-	A+	A-	B+	B-	AB+	AB-
1ST	ALYX Red Cells	ALYX Red Cells	Platelets	ALYX Red Cells	ALYX Red Cells	ALYX Red Cells	Plasma	Plasma
2ND	Whole Blood	Whole Blood	Plasma	Whole Blood	Whole Blood	Whole Blood	Platelets	Platelets
3RD	Platelets	Platelets	Whole Blood	Platelets	Platelets	Platelets		

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YOUR BLOOD  
**EMPOWERS**

**1 IN 3**

African American blood donors is a match  
for a patient with sickle cell disease.

**WILL YOU BE  
THE ONE?**

A single patient with sickle cell  
disease can require

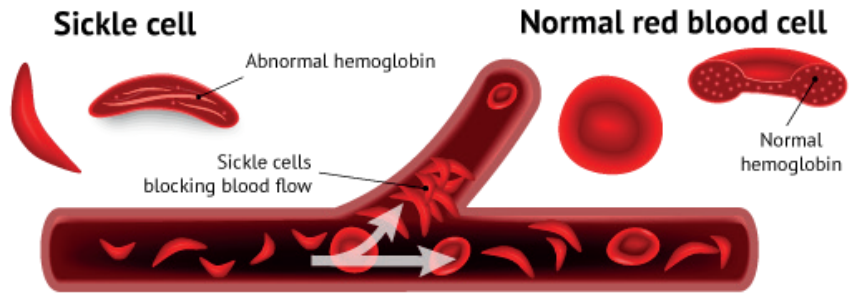
**THOUSANDS**

of blood transfusions throughout their lifetime to  
increase the number of healthy red blood cells in  
the body, which helps prevent sickle cell  
complications such as organ and tissue damage,  
severe pain, and strokes.



# ABOUT

## SICKLE CELL DISEASE



Sickle cell is the most common inherited disease. It is impossible to help sickle cell patients effectively manage this painful disease without the help of donors like you.

Because sickle cell patients often require transfusions throughout their lifetime, the blood they receive must be more closely matched to prevent rejection. The best match for a blood transfusion is from an African American donor.

**1** in **3** African American blood donors is a match for sickle cell patients. Yet only **5%** of African Americans give blood.

## ABOUT BLOOD DONATION

- **Is it safe to give blood?**
  - Donating blood is safe and simple.
- **Should I do anything to prepare for donating blood?**
  - Make sure you eat a good meal (iron-rich foods like meat and vegetables are best) and increase fluids (preferably water). Also be sure to know the names of any medications you are taking and remember to bring a photo ID.
- **What happens to my blood after I donate?**
  - Your blood will be tested to determine your blood type, as well as screened for several communicable diseases. Your blood is then separated into components (red cells, plasma, and/or platelets) to help several patients in need.
- **Why are more minority donors needed?**
  - Medical research shows that some ethnicities have rare or special blood traits which may be found predominantly, or even exclusively, in persons of that ethnicity. Currently in the U.S., a disproportionately small amount of blood donations come from minorities. A small number of donations can limit the availability of compatible blood for minority patients with special blood requirements.

## STILL HAVE QUESTIONS?

Find out more: [www.lifeshare.org/faqs](http://www.lifeshare.org/faqs)



**SCHEDULE YOUR  
DONATION TODAY!**

[www.lifeshare.org/give](http://www.lifeshare.org/give)





# FAST TRACK YOUR **DONATION** **SCREENING**

PROCESS WITH **DonorPass**

COMPLETE THE DONOR PASS PROCESS ON THE DAY OF YOUR DONATION

- 1** VISIT DONOR PASS ON OUR WEBSITE HERE
- 2** COMPLETE THE SCREENING QUESTIONS
- 3** SCREENSHOT OR PRINT THE QR CODE UPON COMPLETION TO SHOW IN THE DONOR ROOM



[WWW.LIFESHARE.ORG/DONORPASS](http://WWW.LIFESHARE.ORG/DONORPASS)



**LifeShare**