

we need more

# HEROES

Give blood. Be a hero.

## BLOOD DONATION ON THE FAST TRACK

Donors have told us they would like to get through the donation process faster. We are committed to respecting your time while ensuring a safe blood supply for the patients in your community. We're working on new systems and processes to help speed things up; here's how you can help:

1. Bring **personal identification**. We prefer ID that has your picture and full name. Some acceptable forms of ID include: Driver's License, Work or School ID (with picture and full name) or Passport. Bringing along your Blood Donor Card will help get you through the registration process quickly. If you don't have one, please ask our staff to order one for you.
2. If you take medication, you probably are eligible to donate. Here is a list of medications that may keep you from donating for a period of time:

Medication	Waiting Time
Antibiotic or other medication for infection	Until you are finished taking it and have no symptoms of infection.
Proscar, Propecia, finasteride, Accutane, isotretinoin Amnesteem, Claravis, Sotret	One month since last dose.
Avodart, dutasteride, Arava, leflunomide	Six months since last dose.
Blood Transfusion, unlicensed vaccine or Hepatitis B Immune Globulin injection given following an exposure to hepatitis B. (This is treatment following exposure, not the vaccine.)	One year since last dose.
Soriatane, acitretin	Three years since last dose.
Tegison, etretinate, Growth Hormone from human pituitary glands, Bovine or Beef Insulin, clotting factor concentrates	May not donate blood.

3. Bring a list of all countries (and cities/areas) you have visited (with dates) in the past 3 years and do the same for all European countries you've visited since 1980. To help, we have included a form (on the reverse side) for you to complete before your next donation. ***Please be sure to update this list every time you travel and every time you donate.***
4. Wear a top with loose-fitting sleeves (preferably short sleeves) so that we can appropriately check your blood pressure and check for the best vein to use to collect your blood.
5. Make an appointment. We make every attempt to take donors with appointments before "walk-ins." To schedule your lifesaving appointment, log on to [www.UnitedBloodServices.org](http://www.UnitedBloodServices.org) or [www.Bloodcenters.org](http://www.Bloodcenters.org) (for Blood Centers of the Pacific).

***Thanks for being a hero! Together we can make your donation safe, fun and as quick as possible!  
Please see page 2 for important information***

## Blood Donor Qualifications

<p><b>Basic Qualifications</b></p>	<p><b>Age</b> 16 or older for whole blood or apheresis donations (parental permission is required for all 16-year old donors and 17-year old donors in some states.)</p> <p><b>Weight:</b> At least 110 pounds (50 kg)</p> <p>There are some weight and height restrictions for donors younger than 23. Generally, men who are 5' and taller and women who are at least 5'3" and weigh at least 125 lbs are eligible to donate. If you are shorter than 5'3" or weigh less than 125 lbs, contact your local blood center or visit <a href="http://www.unitedbloodservices.org/forms/BS_319_chart.PNG">http://www.unitedbloodservices.org/forms/BS_319_chart.PNG</a> for more information</p> <p><b>Waiting Period between donations:</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">7 days, platelet donations</td> <td style="width: 50%;">28 days, plasma donations</td> </tr> <tr> <td>56 days, whole blood donations</td> <td>112 days, double red cell donations</td> </tr> </table>	7 days, platelet donations	28 days, plasma donations	56 days, whole blood donations	112 days, double red cell donations
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56 days, whole blood donations	112 days, double red cell donations				
<p><b>We Ask you Not to Donate if You:</b></p>	<p>Have <b>cold or flu</b> symptoms or do not feel well on the day of donation.</p> <p>Have had <b>hepatitis</b> after your 11th birthday.</p> <p>Have had close contact with someone with clinical <b>hepatitis</b> within the past 12 months.</p> <p>Have a history of cancer in the past year (except some skin or <i>in situ</i> cancers).</p> <p>Had a blood <b>transfusion</b>, ear/skin <b>piercing**</b>, <b>acupuncture**</b>, accidental <b>needlestick</b> or come in contact with <b>someone else's blood</b> in the past 12 months. (*Ear/skin piercing and acupuncture procedures may be acceptable depending on type of technique used.)</p> <p>Are donating at Blood Centers of the Pacific or United Blood Services Central Coast and have had a tattoo in the past 12 months.</p> <p>Are donating at Blood Centers of the Pacific or United Blood Services Central Coast and have had a <b>tattoo</b> in the past 12 months. (At other United Blood Services locations, tattoo within the past 12 months may be acceptable if the tattoo was done in an approved state. Contact your local center for a list of approved states.)</p> <p>Had <b>malaria</b> in the past 3 years, or <b>traveled to a malarial area</b> in the past 12 months.</p> <p>Are or have been <b>pregnant</b> in the past 6 weeks.</p> <p>Have been treated for <b>syphilis</b> or <b>gonorrhea</b> in the past 12 months.</p> <p>Have <b>used a needle</b> to inject non-prescription drugs (including <b>steroids</b>).</p> <p>Are at risk for <b>exposure to HIV</b>, the virus that causes AIDS.</p>				

## Travel Lists

**Travel to Europe since 1980:** Albania, Austria, Belgium, Bosnia-Herzegovina, Bulgaria, Croatia, Czech Republic, Denmark, Finland, France, Germany, Greece, Hungary, Republic of Ireland, Italy, Liechtenstein, Luxembourg, Macedonia, Netherlands, Norway, Poland, Portugal, Romania, Serbia, Slovak Republic (Slovakia), Slovenia, Spain, Sweden, Switzerland, Turkey (military bases only), United Kingdom (including England, Northern Ireland, Scotland, Wales, the Isle of Man, the Channel Islands, Gibraltar, and the Falkland Islands), and Federal Republic of Yugoslavia. (\*We include Turkey if you were associated with a military base there.)

European Country	Dates of Travel or Station	Length of Stay

**Other Travel outside US (past 3 years):**

Country (include areas/regions & cities)	Dates of Travel or Station	Length of Stay