The most common reasons for not being able to give blood.

For your safety and patient safety

Please do not give blood if:

Temporary Reasons

<table>
<thead>
<tr>
<th>Condition</th>
<th>Length of time before you can give blood</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not feeling well for any reason</td>
<td>three days after symptoms are over</td>
</tr>
<tr>
<td>Cold, sore throat, respiratory infection, flu</td>
<td>three months after symptoms are over</td>
</tr>
<tr>
<td>Travel to an area of the world where malaria is a problem</td>
<td>twelve months after symptoms are over</td>
</tr>
<tr>
<td>Certain bacterial infections</td>
<td>contact us regarding medical eligibility at 1-800-688-0900</td>
</tr>
<tr>
<td>Ear, nose or skin piercing</td>
<td>twelve months after procedure unless done under sterile conditions</td>
</tr>
<tr>
<td>Tattoos</td>
<td>if applied in NJ, no wait; if elsewhere, 12 months after application</td>
</tr>
<tr>
<td>Blood transplantation</td>
<td>twelve months after receiving blood</td>
</tr>
<tr>
<td>Pregnancy, abortion or miscarriage</td>
<td>six weeks after end of pregnancy</td>
</tr>
<tr>
<td>Surgery, serious injury</td>
<td>when healing is complete and feeling well</td>
</tr>
<tr>
<td>Sphagnum, gonorrhea</td>
<td>twelve months after treatment completed</td>
</tr>
<tr>
<td>Have had certain forms of cancer</td>
<td>contact us regarding medical eligibility at 1-800-688-0900</td>
</tr>
<tr>
<td>Have had sex with someone who has viral hepatitis</td>
<td>twelve months after last incident</td>
</tr>
<tr>
<td>You are a woman who has sex with anyone listed in the first five items under Permanent Reasons below</td>
<td>twelve months after last incident</td>
</tr>
<tr>
<td>(Note that the fifth item is a permanent exclusion for men).</td>
<td></td>
</tr>
<tr>
<td>Medications</td>
<td></td>
</tr>
<tr>
<td>Antibiotics (except antibiotics for acne) if taken for infection</td>
<td>when treatment is complete</td>
</tr>
<tr>
<td>Accutane, Avodart, Proscar and Propecia</td>
<td>one month after taking last dose</td>
</tr>
<tr>
<td>Cortisone</td>
<td>six months after taking last dose</td>
</tr>
<tr>
<td>Coumadin</td>
<td>three years after taking last dose</td>
</tr>
<tr>
<td>Permanent Reasons</td>
<td></td>
</tr>
<tr>
<td>1. Have used illegal drugs with a needle, even once</td>
<td></td>
</tr>
<tr>
<td>2. Are a hemophiliac</td>
<td></td>
</tr>
<tr>
<td>3. Have ever had a positive test for HIV (AIDS virus)</td>
<td></td>
</tr>
<tr>
<td>4. Are a person who has had sex for money or drugs any time since 1977</td>
<td></td>
</tr>
<tr>
<td>5. Are a man who has had sex with another man since 1977, even once</td>
<td></td>
</tr>
<tr>
<td>6. Had viral hepatitis or a positive test for viral hepatitis any time after your eleventh birthday</td>
<td></td>
</tr>
<tr>
<td>7. Had certain forms of cancer (contact us regarding medical eligibility at 1-800-688-0900)</td>
<td></td>
</tr>
<tr>
<td>8. Had babesiosis or Chagas disease</td>
<td></td>
</tr>
<tr>
<td>9. Have taken Tegison for psoriasis</td>
<td></td>
</tr>
<tr>
<td>10. Have Creutzfeldt-Jakob Disease (CJD) and/or a blood relative who had CJD</td>
<td></td>
</tr>
<tr>
<td>11. Had a corneal transplant</td>
<td></td>
</tr>
</tbody>
</table>

Notes:

- Most people with diabetes, and most people on medications other than those noted above, are eligible to donate blood. For specific medical eligibility guidelines, call us at 1-800-688-0900.
- People who have been in certain countries outside the United States may be deferred depending on the country and the length of time spent there.
- The reasons for not being eligible to donate blood may have changed after this brochure was printed.

An Urgent Request: Please do not give blood just to find out your HIV (AIDS virus) test results. If you need information on where to go for confidential HIV testing, please call your local health department.
Is there anything special I need to do before my donation?

How soon after donating can I get back to my routine?

What happens to my blood after donating?

How often can I give blood?

How long does the donation take?

How will I feel after my donation?

There is no substitute for human blood. One in three people will need blood sometime during their lives. Blood lasts only 42 days. Your donation now is critically important.

Close to 2,000 men, women and children in our community, including cancer, transplant and surgery patients, trauma victims, newborn babies and many others need blood transfusions each day.

Blood donors must be at least 16 years old, weigh at least 110 pounds, and not have donated blood within the last 56 days. Sixteen year olds must present a signed parental permission form. Visit www.nybloodcenter.org/16 to obtain the form. People age 76 and older can donate blood if they meet all criteria and present a physician’s letter each year.

There are some medical conditions that can keep you from giving blood. You will find the most common ones listed on the reverse side. For more information regarding medical eligibility for blood donation call 1-800-688-0900.

Yes. To take your blood donation, we must first see a form of identification with your signature or photo.

You will be asked to provide some basic information such as your name, address, email address, phone numbers and date of birth. You will then answer questions about your health history to ensure that you are eligible to donate blood. Your medical history will be taken, and your hematocrit or hemoglobin will be determined from a drop of blood. Your blood pressure, pulse and temperature will also be checked.

The procedure is done by a skilled, specially trained technician and takes 10 to 12 minutes. You will give one pint of whole blood. The materials used for your donation, including the needle, are new, sterile, disposable, and used only once by you for your blood donation. You will rest after the donation and be served refreshments. Plan to spend about an hour at the blood drive.

Eat your regular meals and drink plenty of fluids before donating. We also encourage you to eat salty foods in the 24 hours prior to your donation.

After relaxing and having a snack in the recovery area, most people feel fine. After donating, drink extra fluids for the next 48 hours.

Your body replaces blood volume or plasma within 24 hours. Red cells need about four to eight weeks for complete replacement. The average healthy body has between 8 and 12 pints of blood and can easily spare one.

After you give blood, you will relax and have a snack. You can then resume normal activity as long as you feel well. Just avoid lifting, pushing heavy objects or engaging in strenuous exercise for at least 4 or 5 hours after giving blood.

After donation, your blood will be tested for blood type, hepatitis, HIV (AIDS virus), HTLV (a virus that may cause blood cancer, transplant and surgery patients, trauma victims, newborn babies and many others need blood transfusions each day.

Have you met Alyx®?

Alyx® is our latest technology which allows you to donate two units of red blood cells during one donation. During this automated procedure only your red cells are collected, and your platelets and plasma are returned to you. You also receive saline solution (salt water) to replace the volume of red cells collected.

Other Alyx® benefits include:
- Smaller needle than used for whole blood donation
- Donate two units of red cells in a single visit

Ask if you are eligible to donate using Alyx®.

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Blood Donation
Pledge Card

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Red Cross
of Western New York

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Take Advantage of Us.

Each time you donate blood you’ll earn Donor Advantage points, redeemable for a wide variety of gifts and gift cards. You can even donate your Advantage points to help select charitable organizations.

www.mydonoradvantage.com

Donate blood now... people can’t live without it.

For general information or to schedule an appointment to donate blood call 1-800-933-BLOOD (2566), visit www.nybloodcenter.org or scan the QR code.

Blood Donation
Appointment Card

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Blood Donation
Reminders
- Eat at your regular mealtime.
- All donors must present identification with signature or photo.

Blood Donation
Pledge Card

First name: Middle: Last name:

Address:

City: State: Zip:

Daytime phone:

Evening phone:

Format:

Department (if applicable):

I prefer to donate blood on:

First choice:

Second choice:

Blood Donation
Appointment Card

First name: Middle: Last name:

Your appointment date

Day: Mon: Tue: Wed: Thu: Fri: Sat:

Time: AM: PM:

Location:

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