



Live a story. Give a story. Donate blood.

This summer, when you give blood you could give someone time to make their own stories - watching fireworks, having a picnic, rooting for the home team.

What if you could give someone a summer of stories? With the Red Cross, you can.

► redcrossblood.org/summer

BLOOD DRIVE

Sponsored by



BENSENVILLE
GATEWAY TO OPPORTUNITY

Wednesday, July 17, 2013

1:00pm - 7:00pm

12 S. Center Street - Bensenville, 60106

American Red Cross Bus

*For an appointment, please log on to
www.redcrossblood.org or contact Mary Rivera at
630-350-3405 or mrivera@bensenville.il.us*



Presenting donors will receive a ticket
good for FREE admission for two
to Chicago's Laugh Factory (restrictions apply)

Remember to eat a healthy meal and drink plenty of water
prior to donating.

Appointments preferred. Walk-ins welcome. Photo ID required.

American Red Cross

Visit redcrossblood.org or call 1-800-RED CROSS today to schedule an appointment.

Common Questions about Donating Blood



American Red Cross

Q: What can I expect at my donation?

A: In a confidential and private setting, you'll answer some questions about your health history and places you have traveled. We'll take your blood pressure, temperature and a small sample of your blood to test your iron level. We'll cleanse the area of your arm and insert a sterile needle, through which the blood or blood component will be drawn from your arm. After donation, you can relax in the refreshment area, enjoy a snack and beverage and take pleasure in knowing your blood donation may help save up to three lives.

Q: Can I find out my blood type?

A: Yes. About six weeks after your donation, you will receive a donor card in the mail bearing your blood type.



Q: How often may I donate blood?

A: You may donate whole blood every 56 days, up to 6 times per year; platelets up to 24 times per year; plasma every 28 days, up to 13 times per year; and double red cells every 112 days, up to three times per year.

Q: Will I have to limit my activities after donating?

A: We ask donors not to do any strenuous activity or heavy lifting for several hours after donating. You may want to schedule your appointment several hours before or after planned exercise.

Q: Will I become anemic after donating?

A: Most people do not become anemic after donating. The body begins replenishing lost fluid and red cells within 24 hours.

Q: What if I have recently gotten a tattoo and/or body piercing?

A: If your tattoo was applied in a state-regulated/licensed tattoo facility, you may be able to donate. You may donate after receiving a body piercing as long as you are certain a sterile needle was used. Otherwise, you must wait one year after receiving a tattoo or body piercing.

Q: I've been turned down before. Should I try again?

A: Yes. Most deferrals are temporary—not permanent. Check with Red Cross staff to find out if you can now donate.

To be eligible to donate blood you must:

- be at least 17 years old (16 for whole blood with signed Red Cross parental consent form where state permits)
- weigh at least 110 lbs.
- be in good health

Prior to donating you should:

- get a good night's sleep
- drink plenty of fluids
- eat within 2-3 hours

Be sure to bring your:

- donor card or a government issued photo I.D.
- parental consent form if you are a 16-year-old donor

Common Questions about Donating Blood



American
Red Cross

Q: What if I have high or low blood pressure?

A: Your blood pressure will be checked before every donation. If your blood pressure is within an acceptable range, you may donate. If you take medication to control your blood pressure, you may still be eligible to donate. Please check with a Red Cross staff member to find out if you are able to donate.

Q: Can I donate if I have been taking an antibiotic?

A: You may be able to donate blood as long as you have taken your last dose of the prescribed course of antibiotics and have no symptoms. Please check with a Red Cross staff member to find out if you are able to donate.

Q: If something is wrong with my blood, will I find out?

A: Yes. You will be notified confidentially by certified mail or in rare situations by telephone.

Q: Can I get AIDS from giving blood?

A: No. All equipment is sterile and used only for you. You can't "catch" anything by giving blood.

Q: If I participate in sports, can I practice or compete right after giving blood?

A: When you give blood, you temporarily lose some fluid which your body replaces within 24 hours. So a few precautions are necessary: do not compete right after the donation and avoid strenuous activity for five hours after donating. Give your body a day to replace the volume you donated. Please consult with your coach or trainer to ensure it is appropriate for you to donate on the day of the blood drive.

Q: Can I give blood if I have been drinking or taking drugs?

A: While the Red Cross does not encourage the use of controlled substances, marijuana or alcohol use does not necessarily disqualify you from giving blood as long as you are feeling well. If you have EVER injected any illegal drugs, you can never give blood.

Q: Can I give blood if I have traveled outside the U.S.?

A: There are specified limitations for certain travel. Some circumstances may make a person temporarily ineligible to donate blood; some cause permanent ineligibility. If you have any questions, or if you have been told you can never donate blood again, you may wish to discuss your history with a trained Red Cross staff member as the guidelines for eligibility may have changed.

Q: What should I do if I have more questions regarding my eligibility to donate blood?

A: Our donor health representatives can answer any questions you may have about travel, medications or health conditions that might affect your ability to donate blood. Please call 1-800-GIVE-LIFE (1-800-448-3543) or visit givebloodgivelife.org for more information.



Sponsor Alert

Emergency need: July 9-23, 2013



**American
Red Cross**

The American Red Cross has issued an emergency request for blood donations.

Thank you for your dedication and commitment to helping save lives by hosting a Red Cross blood drive this summer. Below are key messages you and your recruitment committee can relay to donors as you schedule appointments:

- Many fewer donors than expected gave blood during June and the first week of July, leading the Red Cross to issue an emergency request for donors of all blood types – especially O negative, A negative and B negative – to make an appointment to donate.
- Donations were down about 10 percent in June, resulting in about 50,000 fewer donations than expected. June can be among the most challenging months of the year for blood donations as regular donors delay giving as they adjust to summer schedules.
- Every day, the Red Cross must collect almost 17,000 pints of blood for patients at nearly 3,000 hospitals and transfusion centers across the country. Every two seconds, someone in the U.S. needs a blood transfusion.
- Can I schedule an appointment for you to donate? Your blood donation can help save more than one life.

Your Red Cross representative can answer questions, provide support and help you host a successful drive. Here are a few tips on how you can improve donor turnout and help boost the blood supply this summer:

- Use a personal approach and ask everyone — face-to-face contact works best.
- Let donors know their help is needed now.
- Promote your drive on social media outlets, such as Twitter and Facebook.
- Get the word out through other communication channels: emails, newsletters, bulletin boards, stuffers, etc.
- Ask regular donors to recruit family and friends to donate as well.
- Send appointment reminders to donors who are scheduled to give.
- If a donor cannot keep a scheduled appointment, encourage that individual to visit redcrossblood.org or call 1-800-RED CROSS (1-800-733-2767) to find another blood donation opportunity.

The Red Cross is grateful to everyone who is responding to this emergency call to help patients in need.