

## MAKING YOUR BLOOD DONATION SAFE

### READ THIS BEFORE YOU DONATE!

We know that you would not donate unless you think your blood is safe. However, in order for us to assess all risks that may affect you or a patient receiving a transfusion, it is essential that you answer each question completely and accurately. If you don't understand a question, ask the blood center staff. All information you provide is confidential.

#### To determine if you are eligible to donate we will:

- Ask about your health and travel
- Ask about medicines you are taking or have taken
- Ask about your risk for infections that can be transmitted by blood – especially AIDS and viral hepatitis
- Take your blood pressure, temperature and pulse
- Take a blood sample to be sure your blood count is acceptable

#### If you are eligible to donate we will:

- Clean your arm with an antiseptic. Tell us if you have any skin allergies
- Use a new, sterile, disposable needle to collect your blood

### DONOR ELIGIBILITY – SPECIFIC INFORMATION

Certain diseases, such as AIDS and hepatitis, can be spread through sexual contact and enter your bloodstream. We will ask specific questions about sexual contact.

#### What do we mean by “sexual contact?”

The words “have sexual contact with” and “sex” are used in some of the questions we will ask you, and apply to any of the activities below, whether or not a condom or other protection was used:

- Vaginal sex (contact between penis and vagina)
- Oral sex (mouth or tongue on someone's vagina, penis, or anus)
- Anal sex (contact between penis and anus)

#### HIV/AIDS risk behaviors

HIV is the virus that causes AIDS. It is spread mainly by sexual contact with an infected person OR by sharing needles or syringes used by an infected person for injecting drugs.

#### Do not donate if you:

- Have AIDS or have ever had a positive HIV test
- Have EVER used needles to take any drugs not prescribed by your doctor
- Are a male who has had sexual contact with another male, IN THE PAST 12 MONTHS

- Have EVER taken money, drugs or other payment for sex
- Have had sexual contact in IN THE PAST 12 MONTHS with anyone described above
- Have had syphilis or gonorrhea IN THE PAST 12 MONTHS
- Have been in juvenile detention, lockup, jail or prison for more than 72 consecutive hours IN THE PAST 12 MONTHS

Your blood can transmit infections, including HIV/AIDS, even if you feel well and all your tests are normal. This is because even the best tests cannot detect the virus for a period of time after you are infected.

**DO NOT donate to get a test!** If you think you may be at risk for HIV/AIDS or any other infection, do not donate simply to get a test. Ask us where you can be tested outside the blood center.

The following symptoms can be present before an HIV test turns positive:

- Fever
- Enlarged lymph glands
- Sore throat
- Rash

**DO NOT** donate if you have these symptoms!

#### Travel to or birth in other countries

Blood donor tests may not be available for some infections that are found only in certain countries. If you were born in, have lived in, or visited certain countries, you may not be eligible to donate.

### WHAT HAPPENS AFTER YOUR DONATION

To protect patients, your blood is tested for several types of hepatitis, HIV, syphilis, and other infections. If your blood tests positive it will not be given to a patient. There are times when your blood is not tested. If this occurs, you may not receive any notification. You will be notified about any positive test result which may disqualify you from donating in the future. The blood center will not release your test results without your written permission unless required by law (e.g. to the Health Department).

**THANK YOU FOR DONATING BLOOD TODAY!**

## Variant Creutzfeldt-Jakob (vCJD) Countries of Risk

### Europe

Albania  
Austria  
Belgium  
Bosnia-Herzegovina  
Bulgaria  
Croatia  
Czech Republic  
Denmark  
Finland  
France, including its overseas departments (e.g.,  
Martinique and others)  
Germany  
Greece  
Hungary  
Republic of Ireland  
Italy  
Kosovo  
Liechtenstein  
Luxembourg  
Macedonia  
Montenegro  
Netherlands  
Norway  
Poland  
Portugal, including the Azores  
Romania  
Serbia  
Slovak Republic  
Slovenia  
Spain, including the Canary Islands and Spanish  
North African territories  
Sweden  
Switzerland  
United Kingdom  
Yugoslavia (or the former Federal Republic of  
Yugoslavia)

### United Kingdom

Channel Islands  
England  
Falkland Islands  
Gibraltar  
Isle of Man  
Northern Ireland  
Scotland  
Wales

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Most healthy individuals are able to tolerate blood donation (approximate volume, 535 mls) without any problems. Occasionally, some adverse effects may occur. In our experience, the following are most commonly encountered: bruising and/or swelling at the venipuncture site, pain, sensory changes or local infection in the arm following venipuncture, light-headedness or dizziness during or after donation, a decrease in blood pressure and sweating. The following are less commonly seen: nausea and vomiting, hyperventilation, fainting and seizures. With apheresis collection, reactions may include; shortness of breath, pallor feeling of warmth and excessive tiredness.

We are happy to answer any questions you might have about the donation process. You always have the right to withdraw from the procedure at any time.