BLOOD DRIVE FREQUENTLY ASKED QUESTIONS

How many donors do I need to have a blood drive?

The Adirondack Regional Blood Center of UVM/CVPH has a goal to collect 50 units of blood per day. We ask that at <u>least</u> I 5-20 be obtained from mobile blood drives.

Where can blood drives be held?

Holding a blood drive requires a clean, well-lit space large enough to fit 3-4 tables, 6-12 chairs and 2-6 beds. We require access to a restroom and parking for our delivery truck. The blood donor program provides the donor beds, medical equipment and refreshments. We ask you to provide the tables and chairs.

What is a "committed" donor?

Someone who as signed up to give blood is more likely to donate than a "walk-in". You may consider having a sign up sheet to encourage people to donate.

How do you get people to sign up?

ASK THEM! The main reason people don't donate is because they have not been asked. Tell potential donors that each donation helps up to 3 people.

Does it hurt to donate?

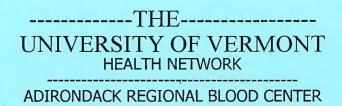
Most donors will tell you they only feel a slight pinch when the needle is inserted. It is worth the pinch to know that your donation can help save a life.

How long does it take to donate?

Our goal is to have donors spend less than 40 minutes "from paperwork to cookie". The actual donation of one pint of blood takes about 7-10 minutes.

What if something is wrong with my blood?

You will be notified confidentially of any positive blood test results.



Before you donate blood...

North Country Blood for North Country People

Please answer all questions honestly.

Please eat well at least 4 hours before you donate.

Drink plenty of fluids before and after you donate

Do not attempt to donate if you have had a cold or flu symptoms in the past 3 days.

Please tell the donor staff all medications you are taking.

Certain travel may exclude you from donation, please notify our staff of any Military or recent travel.

AFTER YOU DONATE BLOOD

Do NOT smoke for 2 hours. Avoid Alcohol for 4 hours.

Keep your bandage on for 4-5 hours.

Feel free to contact the blood donor center at the number below if you have any questions.

All information given to our staff is confidential.

Phone: 518-562-7406 Fax: 518-562-7746 Email: ncr1@cvph.org Adirondack Regional Blood Center UVM/CVPH 85 Plaza Blvd. Plattsburgh, NY 12901



Champlain Valley Physicians Hospital

Adirondack Regional Blood Center, a service of the University of Vermont Health Network/ CVPH

General Blood Donation Eligibility Requirements:

- Be at least 16 years of age.** Anyone age 16 or 17 must have a parent or guardian signature.
- · Weigh a minimum of 110 pounds
- · Be in good general health
- · No cold or flu symptoms (or infections) for 3 days

Common Medical Conditions:

Medical condition	Specifics	Acceptable?
Acid Reflux		Yes
Allergies		Yes, if controlled
Cancer		Discuss with Donor Center staff
colds		Yes, if symptom free for 3 days
Diabetes	Type 1 and 2	Yes, if controlled
Heart Conditions		Discuss with Donor Center staff
High Blood Pressure		Yes, if controlled
High Cholesterol		Yes, if controlled
Liver disease		Discuss with Donor Center staff
Lung disease	Asthma, <u>yes</u> , if controlled	Other than Asthma, Discuss with staff
Pregnancy	Current or within past 6 weeks	No
Piercings/ Tattoos		No, you must wait 3 months
Seizures		Discuss with Donor Center staff