

save lives

give blood



COME GIVE BLOOD
Monday, Sept. 29, 2008
10 a.m. to 3 p.m.

at

NVCC Alexandria Campus
3001 North Beauregard Street, Alexandria, VA 22311
Inova Blood Donor Services
will be in the AA Building, Room 158

Please make your life-saving appointment today!

E-mail cem2183@email.vccs.edu

**Donate with Inova Blood Donor Services between
June 1 and September 30, 2008 and be entered into our
"Make It A Lifesaving Summer" drawing.**

Prizes include Caribbean Cruise, Big Screen TV and much more!!!

Appointments preferred. Walk-ins welcome!
Please read the eligibility requirements before you sign-up to donate.

 **INOVA' BLOOD
DONOR SERVICES**

Photo ID required.
Allow one hour for donor visit.

1-866-BLOODSAVES
(1-866-256-6372)
www.inova.org/donateblood

Inova Blood Donor Services provides blood and blood products to patients in Virginia, Maryland and Washington, DC, and is a part of the not-for-profit Inova Health System. If you would like to be removed from the Inova Blood Donor Services mailing list, please call 1-866-256-6372.

GIVING BLOOD IS SAFE AND SIMPLE

Most healthy people can be blood donors. In about one hour, donors complete a short medical history form; have temperature, pulse, blood pressure and hemoglobin measured; recline comfortably for 5–10 minutes while donating; and enjoy refreshments before leaving. Only disposable, single-use products are used to collect blood. *You cannot get HIV/AIDS or contract an illness from giving blood.*

Please eat a nutritious meal and drink extra fluids within the 6 hours before donating.

DONOR ELIGIBILITY REQUIREMENTS

Age	17 years minimum (<i>no maximum limit</i>)
Health	Generally in good health, you must be well for 3 days (<i>no symptoms of illness including colds</i>)
Weight	110 pounds minimum
Identification	Photo ID (<i>such as driver's license</i>) must be presented
To give whole blood	Wait 56 days after a whole blood donation or 14 days after a platelet donation
To give platelets	Wait 14 days after a whole blood or an ABC (automated blood collection) donation

CONDITIONS AND TREATMENTS

SOME MAY REQUIRE TEMPORARY WAITS BEFORE YOU MAY DONATE

Antibiotic therapy	24-hour wait after last dose, <u>plus</u> you must be well for at least 3 days	Seizure	6-month wait after last seizure occurrence (<i>medication controlled okay</i>)
Asthma	No wait if symptom-free at time of donation (<i>medication controlled okay</i>)	Surgery	2- to 12-week wait after minor procedures; 6 months after major procedures
Blood Pressure	No wait if blood pressure is less than or equal to 180/100 (<i>medication controlled okay</i>)	Tattoo	1 week when done in a professional setting with sterile, single-use equipment and ink
Cancer	Basal cell & Squamous cell skin, or cervical in-situ—no wait. Most other cancers—5 years cancer free and <i>before you donate, a form must be completed by your physician for our Medical Director to review.</i> Call 571-434-3628 for form and details.	Travel	<i>Visited or lived in any country with malaria risk—please see Malaria</i> European travel/residence —you may not donate blood or platelets at this time if your visits or residence matches or exceeds the <u>total accumulated time</u> during the stated periods in the listed countries. <ul style="list-style-type: none">• 1980–1996—3 months: in England, Channel Islands, Falkland Islands, Gibraltar, Isle of Man, Northern Ireland, Scotland, Wales• 6 months associated with military base: from 1980–1990 in Belgium, Germany, Netherlands; from 1980 to 1996 in Greece, Italy, Portugal, Spain, Turkey• 5 years or more from 1980 to present: Albania, Austria, Belgium, Bosnia-Herzegovina, Bulgaria, Croatia, Czech Republic, Denmark, Finland, France, Germany, Greece, Hungary, Republic of Ireland, Italy, Liechtenstein, Luxembourg, Macedonia, Netherlands (Holland), Norway, Poland, Portugal (includes Azores), Romania, Slovak Republic, Slovenia, Spain, Sweden, Switzerland, United Kingdom, Serbia and Montenegro (former Federal Republic of Yugoslavia)
Dental Care	24-hour wait after routine procedures— <i>cleanings, fillings</i> ; 72-hour wait after root canal or surgery		
Diabetes	No wait when controlled by diet or medication		
Heart Attack history	Before coming to donate, please consult your doctor and bring a written approval for donation.		
Immunizations (shots)	Allergy or flu vaccines—no wait; Hepatitis B Vaccine—24-hour wait; Other vaccines—24-hour to 4-week waits		
Malaria & or Travel To Malarial Areas	1-year wait (<i>symptom free</i>) after return from visiting malarial endemic area for less than five consecutive years; 3-year wait (<i>symptom free</i>) after living in a malaria endemic area for five consecutive years or more; or after any episode suggestive of malarial disease. (<i>Residence is not consecutive if the individual leaves the endemic malaria area for greater than one continuous year.</i>)		
Piercing (ear and/or body)	No wait when done in a professional setting with sterile single-use equipment; 1-year wait after accidental needle stick or any other non-sterile skin penetration		
Pregnancy	6-week wait after vaginal delivery; 6-month wait after C-section		

You may not donate blood if you: tested positive for or have HIV/AIDS, or participated in events known to increase exposure to the HIV/AIDS virus; tested positive for viral hepatitis at any time or had viral hepatitis after your 11th birthday; have autoimmune disease, leukemia, lymphoma, melanoma, or multiple myeloma.

For more specific information about your eligibility to donate blood, please call our donor advocate at 571-434-3628.