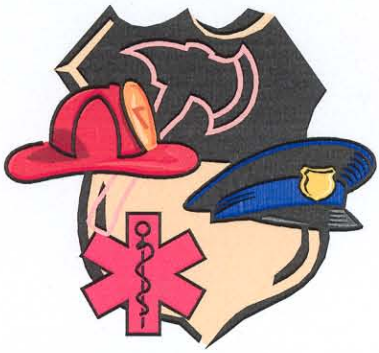


BATTLE OF THE BADGES!

American Red Cross

DONATE BLOOD THIS SUMMER!

CAST YOUR VOTE!

POLICE

FIRE & EMS

Ray Twp. Fire Dept	June 23	2:00 pm - 8:00 pm
Macomb Co. Sheriff Dept	July 13	8:00 am - 6:00 pm
Richmond EMS	July 18	9:00 am - 9:00 pm

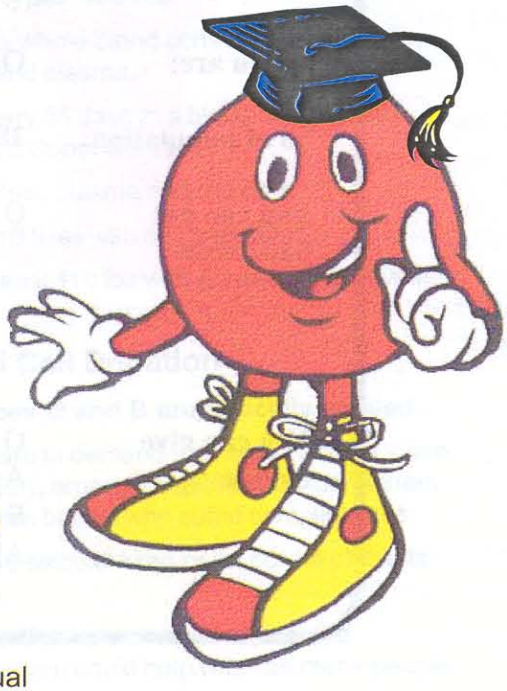
Call 1-800 GIVE LIFE to make an appointment

03/06AP106

Blood and Blood Donations

Questions and Answers

American Red Cross



Why should I Donate?

The national blood supply must meet every day needs and unexpected disasters. Due to unpredictable demands from trauma incidents the supply flucuates hourly. Blood supplies can vary depending on the region and time of year. Volunteer blood donors are needed daily to ensure there is enough blood on the shelves whenever and wherever it is needed. As donor qualifications continue to become stricter and as the donor population ages, our nation is at risk of a low blood supply.

A blood donation truly is a "gift of life" that a healthy individual can give to others in their community who are sick or injured. In one hour's time, a person can donate one unit of blood that can be separated into three individual components (platelets, plasma & red cells) that could help save multiple lives.

Who should donate blood?

A safe and available blood supply is like pure water and clean air - a community resource. There is no substitute for blood. It's the responsibility of every eligible and healthy adult to donate.

What are the qualifications for giving blood?

You must be at least 17 years old, weigh at least 110 pounds and be in good health. There is no upper age limit.

17+

Years of age

WEIGH 110 LBS. OR MORE

AND BE IN GENERAL GOOD HEALTH

How long does it take to donate blood?

The whole process takes about an hour. It starts with registration, a health history, then a blood sample and mini-physical are done with one of our Red Cross nurses. Your actual donation usually takes no more than 10 minutes. It's all followed by a light refreshment.

Why is a blood sample taken before I donate?

To ensure the donor safety, a sample of blood is taken to test the amount of hemoglobin (iron) in your blood.

What is the role of iron in our blood?

Iron is an important part of hemoglobin. Hemoglobin carries oxygen throughout your body via your red blood cells. Without a good supply of iron, your red blood cells won't carry oxygen as well. Good sources of iron are: red meat, dark green leafy vegetables, nuts and raisins.

How much blood is in the body?

The amount of blood varies according to age, gender and weight. It is about 7 to 10 % of the person's body weight. The average-sized adult has about 10-12 pints of blood.

Curious about your blood type?

Find out who you can give to and get blood from on the chart below.

SOME FACTS ABOUT YOUR BLOOD TYPE

If you are:	O+	A+	B+	AB+	O-	A-	B-	AB-
% of population:	38%	34%	9%	3%	7%	6%	2%	1%
You can get blood from:	O+/-	A+/- O+/-	B+/- O+/-	AB+/- A+/- B+/- O+/-	O-	A- O-	B- O-	AB- A- B- O-
You can give blood to:	O+ A+ B+ AB+	A+ AB+	B+ AB+	AB+	O+/- A+/- B+/- AB+/-	A+/- AB+/-	B+/- AB+/-	AB+/-

Recommended activity prior to donating:

1.) Have a healthy meal.
2.) Drink plenty of fluids.
3.) Take your normal medications as prescribed.

How much blood is taken when I donate?

One unit of blood equals approximately one pint.

As a donor, what is my risk of infection?

There is no chance of being infected with a blood-transmittable disease while donating. A new sterile, disposable kit is used for each donation.

Can I assume normal activities after donating blood?

Yes, providing you feel well. We recommend you avoid any heavy lifting with your arm or performing any strenuous activity for 4-5 hours after donating.

When can I donate again?

You can donate blood every 56 days.

How much blood is donated each year and how much is used?

Around 13 million units of blood are donated every year in the United States by about 8 million volunteer donors. This supply is used by 4 million patients. Blood is given to accident victims, surgical patients, and people with leukemia, cancer, sickle cell anemia, and other diseases.

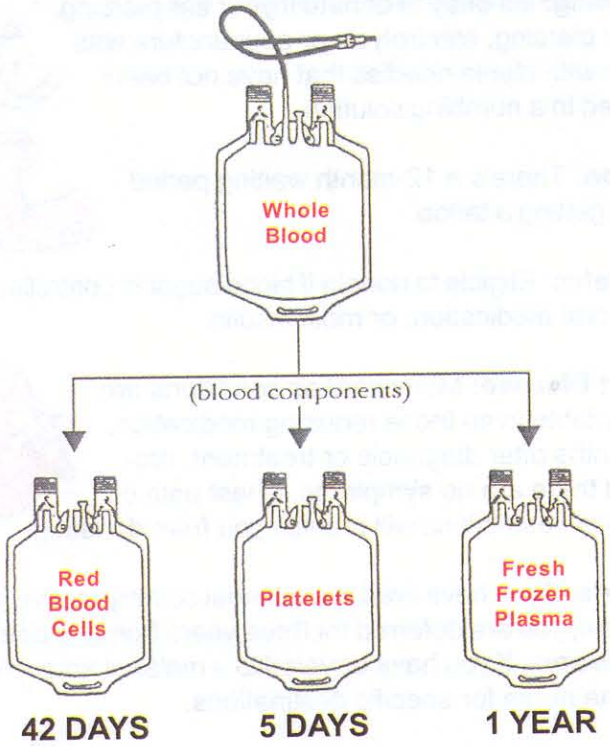
What happens to my blood after it's collected?

First, it's returned in special containers to your local blood center, where it's separated into red cells, plasma and platelets. Then it undergoes various tests to determine the blood type and to detect infectious agents like HIV and hepatitis.

What is blood?

Blood is a complex living tissue made up of cells and fluid, all with many specialized jobs. Driven by the heart, blood circulates through our bodies within blood vessels, bringing oxygen and nutrition to body cells, and carrying away waste products. Blood is comprised of: **Red cells, White cells, Platelets, & Plasma.**

Where does my donation go and how long can it be stored?



What are red blood cells?

Red cells are circular, donut-shaped, flexible cells produced in the bone marrow. Red cells take up oxygen in your lungs, deliver it to all of your tissues, and take carbon dioxide back to your lungs to be exhaled.

What are white blood cells?

White blood cells act as a primary defense line for the body against bacteria. Some types of white cells destroy invaders by engulfing them. Other types produce antibodies against protein antigens of foreign material.

What are platelets?

Platelets are tiny, irregularly shaped cells that are made in your bone marrow. Once collected, their shelf life is only 5 days. They're needed in your blood to plug small injuries to blood vessels, and to start the clotting process.

What is plasma?

Plasma carries blood cells, nutrients, enzymes, hormones, and complex proteins through your body. Its proteins are essential in helping your blood to clot.

Three different ways to donate blood...

THE CHOICE IS YOURS!

1. Traditional Whole Blood Donation

- **All blood types needed.**
- You donate whole blood consisting of red cells, platelets, and plasma.
- Donate every 56 days at a blood drive or Red Cross Blood Donor Center.
- Give platelets, plasma and red cells.
- Save up to 3 lives with each donation.
- Weigh at least 110 lbs with general good health.

2. Double Red Cell Donation

- **Blood types O and B are critically needed.**
- Red cells are in demand for trauma victims, open heart surgery, organ transplants and for mothers and newborn babies who suffer complications.
- You donate twice the red cells, but no platelets or plasma.
- Both red cell units could go to the same person...or you could help twice as many people.
- Men must weigh at least 150 lbs and be 5'1", women must weigh 175 lbs or more and be at least 5'5".

3. Automated Platelet Donation

- **Blood types A and AB are highly sought after.**
- Your single-donor platelet donation is the equivalent of up to six whole blood platelet donations.
- These products are used by burn victims, cancer patients, and leukemia patients.
- Weigh at least 110 with general good health.

Call 1-800-GIVE-LIFE

to schedule an appointment to *donate blood.*

Or for more information visit us online at www.givelife.org

03/06AP100

Common Concerns -"Can I donate?" (revised - 02/17/06)

ID: All donors are required to provide an acceptable form of ID to be eligible to donate blood. The preferred forms are: The New Red Cross Donor cardwith bar coding imprinted, a valid driver's license or goverment issued picture ID.

Infections/Colds: Not if you have any active infection such as a cold or the flu.

Medications: Most medications are okay. It is the illness for which the medication is given that could be a problem. Antibiotics are acceptable when the full course of the medication is complete and you are symptom free.

Dental Work: Not if you have an abscess, or infection. If you have had oral surgery, you must wait three days before donating.

Immunization: Most immunizations have no waiting period, except for the following:

- **Hepatitis B:** 7-day deferral from date of injection if there is no hepatitis exposure.
- **Rubeola (red measles), mumps, oral typhoid, yellow fever, and Sabin polio (oral):** you can donate 2 weeks after the vaccination.
- **German measles, MMR (measles, mumps & rubella) & Chicken pox vaccine:** you can donate 4 weeks after vaccination.
- **Routine Military Vaccinations and Smallpox vaccine:** Acceptable after 8 weeks (unless specific vaccinations are known).

Surgery: As a donor, you're usually accepted after your stitches or staples are removed and the wound has healed and you've returned to normal activities, unless you have received a blood transfusion.

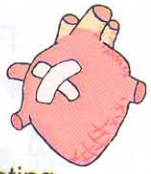
High Blood Pressure: You can donate if it is controlled. We will check your blood pressure before you donate to make sure you're eligible.

Cancer: Most types of cancer have a waiting period of five years after your treatment (including chemotherapy) is concluded. Skin cancer (Basal & Squamous Cell) is acceptable after treatment is complete.

Piercing: It's okay to donate if your ear piercing, body piercing, electrolysis or acupuncture was done with sterile needles that have not been dipped in a numbing solution.

Tattoo: There's a 12-month waiting period after getting a tattoo.

Diabetes: Eligible to donate if blood sugar is controlled with diet, oral medication, or most insulin.



Heart Disease: Many cardiac conditions are acceptable even those requiring medication, 6 months after diagnosis or treatment, provided there are no symptoms. Chest pain or physical restrictions will prohibit you from donating.

Malaria: If you have lived in a malarial country for five years or more, you are deferred for three years from the date you left the area. If you have traveled to a malarial area, please ask the nurse for specific destinations.

Travel - "Mad Cow"/vCJD: Criteria has recently changed. You can donate if you have spent less than a cumulative time of:

- 5 years (used to be 6 months) in Europe and east ern Europe beginning January 1, 1980 to present.
- 3 months in the United Kingdom from January 1, 1980 through December 31, 1996 – Travel after 12/31/96 to the UK is okay.
- 6 months as a member of the US military, on or as sociated with a military base in any of the following areas during the specified time frames:
- From 1980 through 1990 – Belgium, the Netherlands (Holland) or Germany.
- From 1980 through 1996 – Spain, Portugal, Turkey, Italy or Greece.

Donors who have been permanently deferred in the past for European travel have not been re-entered into the "eligibility category." Please check periodically with your donor representative to determine eligibility.

Pregnancy: You are ineligible during pregnancy. You may donate 6 weeks after delivery. Nursing mothers may also donate 6 weeks after delivery.

Viral Hepatitis: If you have been diagnosed with Hepatitis B or C you are ineligible to be a blood donor. If you have had Hepatitis A, please talk to nurse about eligibility.