

## **YOU MUST READ THIS BEFORE YOU DONATE!**

- Your **accurate and honest** responses are critical to the safety of patients who receive blood transfusions.
- Each question is necessary to fully evaluate the safety of your donation.
- As required by regulations, we are instructing you not to donate blood if you have a risk factor.
- If you don't understand a question, ask the blood center staff for assistance.
- YOUR RESPONSES ARE CONFIDENTIAL.

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

- Ask about your health and medications you are taking or have taken.
- Ask if you have traveled to or lived in other countries.
- Ask about your risk for infections that can be transmitted by blood – especially HIV (which is the virus that causes AIDS), and viral hepatitis.
- Take your blood pressure, temperature, and pulse.
- Take a blood sample to be sure your blood count is acceptable before you donate.

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

- Clean your arm with an antiseptic (Tell us if you have any skin allergies).
- Use a sterile needle and tubing set to collect your blood. We NEVER reuse a needle or tubing set.

## **WHAT HAPPENS AFTER YOUR DONATION**

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

## **DONOR ELIGIBILITY – SPECIFIC INFORMATION**

Certain infectious diseases, such as HIV and hepatitis, can be spread through:

- Sexual contact
- Other activities that increase risk
- Blood transfusion

We will ask specific questions about sexual contact and other activities that may increase risk for these infections.

## **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. These questions apply to all of the activities below, whether or not medications, condoms or other protection were used to prevent infection or pregnancy:

- 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)

## **A “new sexual partner” includes the following examples:**

- Having sex with someone for the first time

OR

- Having had sex with someone in a relationship that ended in the past, and having sex again with that person in the last 3 months.

## **HIV/Hepatitis risk factors**

HIV and hepatitis are spread mainly by sexual contact with an infected person OR by sharing needles or syringes used by an infected person to inject drugs.

## **DO NOT DONATE if you:**

- Have **EVER** taken any medication **to treat HIV infection**.
- Are taking any medication **to prevent HIV infection**. These medications may be called: PrEP, PEP, TRUVADA, DESCOVY, APRETUDE or many other names.

FDA-approved antiretroviral drugs are safe and effective in preventing sexual transmission of HIV. However, these antiretroviral drugs do not fully eliminate the virus from the body, and donated blood can potentially still transmit HIV infection to a transfusion recipient.

**DO NOT STOP TAKING ANY PRESCRIBED MEDICATIONS IN ORDER TO DONATE BLOOD, INCLUDING PrEP and PEP MEDICATIONS.**

## **DO NOT DONATE if you:**

- Have **EVER** had a positive test for HIV infection.
- **In the past 3 months:**
  - Have had sexual contact with a new partner **and** have had anal sex.
  - Have had sexual contact with more than one partner and have had anal sex.
  - Have had sexual contact with anyone who has ever had a positive test for HIV infection.
  - Have received money, drugs, or other payment for sex.
  - Have used needles to inject drugs, steroids, or anything not prescribed by your doctor.
  - Have had sexual contact with anyone who has received money, drugs, or other payment for sex, **or** used needles to inject drugs, steroids, or anything not prescribed by their doctor.
  - Have had syphilis or gonorrhea or been treated for syphilis or gonorrhea.
- **In the past 12 months:**
  - Have been in juvenile detention, lockup, jail or prison for 72 hours or more consecutively.
- Have **EVER** had Ebola virus infection or disease.

**DO NOT DONATE if you** have these symptoms which can be present before you test positive for HIV:

- **Fever**
- Enlarged lymph glands
- Sore throat
- Rash

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

## **DO NOT DONATE:**

- If you think you may be at risk for HIV or other infections.
- If your purpose for donating is to obtain test results for HIV or other infections. Ask us where you can be tested for HIV and other infections.
- If your donation might harm the patient who receives your blood.

## **Blood Donation and Iron Depletion**

Regular blood donation may deplete iron stores if iron absorbed from your diet is less than iron lost from donation. Over time, iron stores may be lowered, resulting in iron deficiency and rarely, anemia. Some donors with low iron stores may have normal hemoglobin at donation. If you experience symptoms such as fatigue, lethargy or restless legs you may wish to have your iron (ferritin) levels checked at an upcoming medical appointment. To maintain your iron

**THANK YOU FOR DONATING BLOOD TODAY!**