

# Thank You for Hosting a Drive

Thank you for your interest in supporting the Scott & White Blood Center. By hosting a blood drive, your organization will help ensure a sufficient blood supply and adopt an excellent community service project benefiting the patients in our community. Here at the Scott & White Blood Center, all the blood collected stays in the Central Texas area to help our friends and neighbors in their time of need.

We want your blood drive to be a success, so we've put together this packet with tips and facts to help you recruit and educate your donors. We've also provided flyers to post around the community and a sign-up list for donors to schedule an appointment.

We're grateful you have chosen to host a blood drive with Scott & White Blood Center, because *where you donate blood is as important as why you donate.*



Without the gift of blood, Katy Flowers never would have laid eyes on her beautiful daughter, much less been around to watch her grow up.

**The Scott & White Blood Center**

**(254) 724-HERO**

**(877) 724-HERO**

# Community Hero Awards

Each January, the Scott & White Blood Center hosts an Annual Donor Appreciation Banquet to honor a select group of donors and blood drive coordinators.

The award categories are listed below. Winners are chosen based on the number of blood donors who give at their blood drive(s) during the calendar year. The Four-Season Award is given to all groups who schedule at least 4 blood drives between January and December.



- *Four-Season Blood Drive*
- *Outstanding School Blood Drive*
- *Outstanding Church Blood Drive*
- *Outstanding Clinic Blood Drive*
- *Outstanding Corporate Blood Drive*
- *Outstanding Small Business Blood Drive*
- *Outstanding Community Blood Drive*
- *Outstanding One-Day Blood Drive*

**YOU HAVE A CHANCE TO BE A WINNER EVERY MONTH:** Each month the best blood drive will be chosen, and the winning coordinator will receive a \$25 gift certificate to the place of his or her choice! Don't worry if your blood drive is small because best doesn't necessarily mean biggest. The winning drive does the very best it can in the time given.

So do your best to sign up donors for your blood drive! Not only could you be a winner, but lives will be saved. And that's the best part of all!

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# Donation Facts

## Blood Type Frequency (U.S.)

O-positive	38%
O-negative	7%
A-positive	34%
A-negative	6%
B-positive	9%
B-negative	2%
AB-positive	3%
AB-negative	1%



Driving home from visiting family, Janet was involved in a serious car accident that almost claimed her life. Because local heroes had donated blood, this life-saving gift was available when Janet needed it most.

- Approximately 60% of the population is eligible to donate blood, but only 5% actually does.



- **Nearly 400 units of blood must be available each week to meet the needs of Central Texas patients.**



- Every two seconds, someone in the U.S. needs blood.
- Blood can't be made artificially; it can only be given by healthy people like you.

- Each blood donation can touch the lives of up to two patients.
- The need for blood is constant. Red cells are usable for only 42 days.



Seth was diagnosed with cancer at age three. During an intensive chemotherapy regimen, Seth required multiple blood transfusions at Scott & White. Local heroes, who gave Seth the life-saving gift of blood, were the crucial difference in his treatment.

- The average adult body has between 10-12 pints of blood. After one pint is donated, the body replaces the red blood cells within 56 days.

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# Tips for Recruiting Donors

- **Choose a volunteer to coordinate and promote the drive.** Better yet, form a team of two or more people to help reach the greatest number of potential donors!
- **Sign up donors for a specific time to give blood.** If people don't sign up, they don't usually donate. We'll also have preprinted cards for any donor who signs up in advance and has previously donated blood with us.
- **Encourage members of your local community to participate in the blood drive.**
- **Take advantage of all opportunities to publicize the drive**—local newspapers, radio stations, area businesses, newsletters, flyers, table tents, bulletin boards, emails, memos, overhead announcements, etc.
- **Use one-on-one recruitment when possible.** Face-to-face recruitment is the most successful recruitment tool because it's easier for donors to say yes to a person than a poster.
- **Motivate your donors through education** about the community blood supply. If you'd like a speaker to make a presentation, we'd be happy to help!
- **Create an organization-wide challenge.** Set up competitions among groups or departments.
- **Create a donor day off program** where regular employee donors get a day off for donating blood a certain number of times each year.
- **Familiarize yourself and your donors with the medical guidelines** to ensure eligibility.
- **Make your blood drive a social event.** Develop a theme and provide entertainment for your donors—music, food, decoration, etc.
- **Get donations from local businesses** for food or a grand prize drawing just for donors at your blood drive. All donors love prizes!

# The Donation Process

Some of your donors are veterans to donating blood, but some of your donors may not have ever donated blood with the Scott & White Blood Center and may have questions about the blood donation process. We've broken the process down into 5 easy steps:



## 1. Registration

We'll gather some of your basic information—such as your mailing address, phone number, date of birth and social security number—for our records. All information is kept strictly confidential and stays within the Blood Center records only. Each donor will need a picture ID.



## 2. Mini Physical

We'll check your temperature, blood pressure, pulse, and your iron to make certain you are feeling your best before you donate.



## 3. Interview

We'll ask you some medical and travel history questions to make sure the donation process will be safe for you as well as for local patients.



## 4. Donate Blood

The shortest stretch of the process, the actual donation only takes an average of 5-10 minutes.



## 5. Eat Snacks and Get Free Stuff!

After donating, you will sit in the refreshment area and enjoy a free snack. We'll also give you a free donor t-shirt, a free hand squeeze, and the chance to win the monthly grand prize drawing!

If your donors have any questions about the process or their eligibility, please have them call us at (254) 724-HERO or (877) 724-HERO.

# Information about Iron

## What is Iron?

Iron is a mineral which is essential for humans. The body needs iron to make hemoglobin. If not enough iron is available, hemoglobin production is limited, which in turn affects the production of red blood cells. A decrease in the normal amount of hemoglobin and red blood cells circulating in the blood stream is known as anemia.

## Who Is at Risk for Iron-Deficiency Anemia?

- Women of child-bearing age who have blood loss through menstruation
- People with poor dietary intake of iron
- Vegetarians
- Elderly

## What Are Ways to Increase Absorption of Iron?

Eating Vitamin C along with iron-rich foods can increase the absorption of iron.

### *Eat these foods to increase your iron:*



- Oysters
- Prune Juice
- Beef liver
- Clams
- Walnuts
- Ground beef
- Chickpeas
- Bran flakes
- Cashew nuts
- Pork roast
- Shrimp
- Raisins
- Sardines
- Spinach
- Lima beans
- Kidney beans
- Turkey, dark meat
- Prunes
- Green peas
- Peanuts
- Potato
- Sweet potato
- Green beans
- Eggs

### *Avoid these foods:*

- Caffeine—Tea, Coke, Coffee, etc.
- Antacids



## Am I Anemic If My Hematocrit Is Too Low to Donate Today?

To donate blood at Scott & White Blood Center, your hematocrit must be at least 38%. If you fall below this level, you are not necessarily anemic. We want your levels to be higher than 38% to ensure you will not become anemic by donating blood. If you have questions or concerns regarding your health, please contact your primary physician.

# Eligibility Guidelines

**Picture ID Required:** Please bring a form of photo identification such as a driver's license or employee badge.

**Age:** 17 and older

**Weight:** Minimum of 110 pounds

**Eating:** Please eat a good meal before donating.

**Drinking:** Drink lots of water or juice before and after donating. Avoid alcoholic and caffeinated beverages for 12 hours before and after donating.

**Frequency:** You can give blood every 56 days.

Taking antibiotics or other medications for infection

Taking Coumadin or Warfarin

Prior to registration, please inform our staff if you are an insulin-dependent diabetic

## **1-month deferral**

Taking Proscar, Propecia or Accutane

## **6-month deferral**

Taking Avodart

## **1-year deferral**

Close contact with a person who has hepatitis

Received Hepatitis B immune globulin

Rabies shots after being bitten

Treatment for syphilis or gonorrhea

Sex with an IV drug user

Accidental needle stick

## **1-year deferral (continued)**

Sex with anyone with AIDS or a positive HIV test

Sex with anyone taking clotting factor concentrates

Travel to malarial areas (prior to registration, please inform our staff if you've been outside the U.S. within the past 12 months)

Contact with someone else's blood

In prison for 72 consecutive hours

Travel to Iraq

Tattoo, body piercing, or self-ear piercing

Blood transfusion

Organ or tissue transplant

## **3-year deferral**

Taking Soriatane

## **5-year deferral**

Breast Cancer

Use or have ever used IV drugs

Male who has had sex with another male since 1977

Chagas disease or babesiosis

Melanoma

Lymphoma or leukemia

Taking Tegison for psoriasis

Exchanging money or drugs for sex

Blood relative with diagnosis of CJD (human version of mad cow disease)

**1980 through 1996** - More than three months spent (cumulative) in the United Kingdom

**1980 to the present** - More than five years spent (cumulative) in Europe

**1980 through 1990** - Residence on U.S. military bases in Germany, U.K., Belgium, or the Netherlands for 6 months or more (cumulative)

**1980 through 1996** - Residence on U.S. military bases in Greece, Turkey, Spain, Portugal, Italy for 6 months or more (cumulative)