

Be someone's hero today.

# give BLOOD



## Who Needs Blood?

Many patients need blood now. The major reasons are:

- Trauma injuries and burns
- Cancer
- Blood and immune system diseases
- Surgery
- Heart and blood vessel disease
- Organ and bone marrow transplantation

Nearly 900 people must donate blood through Puget Sound Blood Center every day to meet the needs of local patients. And your donation is critical in helping the community maintain a stable blood supply for emergencies.

## Donation is convenient – and safe.

Donors can visit the Blood Center's ten donation centers or one of the mobile units that collect blood at businesses, churches and schools throughout Western Washington. For a blood drive schedule, or information on hosting a blood drive, call 1-800-398-7888 or visit [www.psbcenter.org](http://www.psbcenter.org).

Giving blood is a safe, easy process. After a donor registers, Blood Center staff asks about his or her health and medical history to confirm donation eligibility. Sterile, disposable equipment is used to collect each donor's blood.

Actual donation takes only seven to ten minutes. The entire process is about an hour, but can help three people – each donated unit of blood is separated into platelets, plasma and red blood cells. The donor's body immediately begins to replace the donated blood cells.

## Who can donate blood?

Most people can donate blood. In general, those who are at least 18 years old and weigh 114 pounds or more may donate blood every 56 days. Those 16 or 17 may donate with a parent/guardian-signed Blood Center permission slip; there is no upper age limit.

Not everyone is eligible to donate. Some health conditions or medications may temporarily or permanently prevent people from donating blood. For more information about eligibility requirements, please see the next page, call 1-800-DONATE-1, ext. 2543, or e-mail [clinicalprogram@psbc.org](mailto:clinicalprogram@psbc.org).

## Steps to donating – a one-hour process

- Health history questionnaire and screening interview
- Brief physical examination of blood pressure, pulse, temperature and a test for red cell concentration
- After donation, refreshments while remaining seated for about 10 minutes

*Please eat a healthy meal and drink fluids at least four hours prior to donating!*

## Facts about blood

### Blood cells

Red cells, white cells and platelets are made in the marrow of bones, especially in the vertebrae, ribs, hips, skull and sternum.

## Plasma carries blood cells

Plasma is a pale yellow mixture of water, protein, and salts. One of its primary functions is to carry blood cells, nutrients, enzymes, hormones, certain gases and waste products.

## Red cells deliver oxygen

Red cells are disk-shaped cells containing hemoglobin, a red protein that contains iron. Hemoglobin enables the cells to pick up and deliver oxygen to all parts of the body. Red cells also take carbon dioxide to the lungs, where it is exhaled.

## White cells defend the body

White cells are the body's primary defense against infection. They have the ability to move out of the blood stream and reach tissue being invaded.

## Platelets help control bleeding

Platelets are small blood cells that control bleeding. They form clusters to plug holes in blood vessels and assist in the clotting process when the vessels are severely damaged.

## After a blood donation

The body replaces plasma in about 24 hours, red cells are restored in two to four weeks, and platelets are replenished in about 72 hours.



Blood is needed every day.

Right now, there are people in your community who need the help you can so easily provide simply by donating blood. Some of these patients have suffered serious injuries or severe burns. Some need blood during surgery. Others have life-threatening chronic diseases like leukemia and cancer that require frequent transfusions.

In fact, most people will require a blood transfusion at some point in their lives. You can help those who need one now. You really can save a life.

Imagine!

## Your community resource

Puget Sound Blood Center is an independent, volunteer-supported, nonprofit community resource. It is a key link in the healthcare network, providing blood, tissue and specialized laboratory services across the Northwest. Blood Center physicians offer 24-hour consultation to the medical community on transfusion and transplantation medicine issues, and provide valuable education and research aimed at improving patient care.

## Register to donate marrow

Each year, thousands of patients with leukemia or other potentially fatal diseases need marrow or blood stem cell transplants to survive. Many of these people will search the National Marrow Donor Program Registry for a genetically matched donor.

You can join the registry through Puget Sound Blood Center by submitting a completed application and giving a simple cheek swab for tissue typing. To give all patients an equal chance of finding a donor, people of diverse ethnic backgrounds are specifically encouraged to join. Call 1-800-DONATE-1, ext. 1897, for more information.

## Eligibility for donating blood:

Cold, flu and sore throat	Cannot donate until symptom-free for 24 hours
Oral antibiotics	Cannot donate if currently experiencing symptoms
Malaria	Cannot donate
Visit to malaria areas in last 12 months (with or without medication)	Cannot donate for 12 months from return
Travel to Europe	Call Blood Center staff at 1-800-DONATE -1, ext 2543, or e-mail <a href="mailto:clinicalprogram@psbc.org">clinicalprogram@psbc.org</a>
Pregnancy	Cannot donate while pregnant or for 6 weeks from end of pregnancy
Cancer	Call Blood Center staff at 1-800-DONATE -1, ext 2543, or e-mail <a href="mailto:clinicalprogram@psbc.org">clinicalprogram@psbc.org</a>
Diabetes	Controlled condition can donate
HIV	Cannot donate
History of any type of hepatitis after age 11	Cannot donate
Exposure to someone with hepatitis	Call Blood Center staff at 1-800-DONATE -1, ext 2543, or e-mail <a href="mailto:clinicalprogram@psbc.org">clinicalprogram@psbc.org</a>
Tattooing (licensed facility in WA, OR, CA and ID)	Can donate
Tattooing (non-licensed facility or outside WA, OR, CA and ID)	Cannot donate for 12 months from date of procedure
Ear or body piercing, sterile procedure/ equipment used	Can donate
Ear or body piercing, non-sterile procedure/ equipment used	Cannot donate for 12 months from date of procedure
Medications	Most medications are not reason for ineligibility (allergy medications, antidepressants, diet pills, diuretics, sleeping pills, tranquilizers, anti-inflammatories, vitamins, birth control pills, and anti-cholesterol medication are acceptable); for others call 1-800-DONATE-1, ext. 2543, or e-mail <a href="mailto:clinicalprogram@psbc.org">clinicalprogram@psbc.org</a>

## Puget Sound Blood Center locations:

**1-800-398-7888 | [psbc.org](http://psbc.org)**

Bellevue Center  
1021 – 112th Avenue NE  
Bellevue, WA 98004

Bellingham Center  
410 W Bakerview Rd., Suite 117  
Bellingham, WA 98226

Central Seattle  
921 Terry Avenue  
Seattle, WA 98104

Everett Center  
2703 Oakes Avenue  
Everett, WA 98201

Federal Way Center  
1414 S 324th St.  
Suite B101  
Federal Way, WA 98003

Lynnwood Center  
19723 Highway 99, Suite F  
Lynnwood, WA 98036

North Seattle Center  
10357 Stone Avenue N.  
Seattle, WA 98133

Olympia Center  
1220 Eastside Street SE  
Olympia, WA 98501

Silverdale Center  
3230 NW Randall Way  
Silverdale, WA 98383

Tukwila Center  
130 Andover Park East  
Tukwila, WA 98188

Vancouver Center  
9320 NE Vancouver Mall Drive  
Suite 100  
Vancouver, WA 98662

Puget Sound Blood Center  
921 Terry Avenue  
Seattle, WA 98104-1256

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