

## BLOOD DONOR Educational Materials

Please read all of the following donor educational materials.

History questions preceded by “NEW” indicate a new or revised question.

Your understanding of this information is critical to the success of your donation and the safety of the patient receiving your donation.

### MAKING YOUR BLOOD DONATION SAFE

Thank you for coming in today! This information explains how **YOU** can help us make the donation process safe for yourself and patients who might receive your blood.

**PLEASE READ THIS INFORMATION BEFORE YOU DONATE!**

If you have any questions now or any time during the screening process, please ask Bloodworks staff.

### ACCURACY AND HONESTY ARE ESSENTIAL

Your **complete honesty** in answering all questions is very important for the safety of patients who receive your blood.

We know that you would not donate unless you think your blood is safe. However, in order for us to assess all risks that may affect you or a patient receiving a transfusion, it is essential that you answer each question **completely and accurately**. If you don't understand a question, ask Bloodworks staff.

**All information you provide is confidential.**

Bloodworks may contact you by phone, email, text message, or physical mail in the future at the addresses and numbers you provided regarding donation follow-up, appointments, eligibility for future donations, special programs, and events. Personal contact information will be kept confidential and used by Bloodworks staff, volunteers, or partner organizations obligated under organizational confidentiality and working on behalf of Bloodworks.

If you wish to change or remove your contact preferences, please call 1-800-398-7888.

### DO YOU HAVE A “COLD”?

A “cold” is defined as an upper respiratory infection. The following symptoms indicate an infection which can spread through transfusion to someone else:

- **Fever or chills**
- **Muscle aches**
- **Malaise**
- **Sore throat**
- **Yellow or green discharge from nose or sinuses**
- **Productive cough**
- **Tender or swollen lymph nodes**

**You should not donate if you are currently experiencing symptoms of a “cold”.**

**Thank you for donating blood today!**



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

We know that you would not donate unless you think your blood is safe. However, in order for us to assess all risks that may affect you or a patient receiving a transfusion, it is essential that you answer each question completely and accurately. If you do not understand a question, ask the blood center staff. All information you provide is confidential.

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

- Ask about your health and travel
- Ask about medicines you are taking or have taken
- Ask about your risk for infections that can be transmitted by blood – especially AIDS and viral hepatitis
- Take your blood pressure, temperature and pulse
- Take a blood sample to be sure your blood count is acceptable

### **Travel to or birth in other countries**

Blood donor tests may not be available for some infections that are found only in certain countries. If you were born in, have lived in, or visited certain countries, you may not be eligible to 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 new, sterile, disposable needle to collect your blood

## **WHAT HAPPENS AFTER YOUR DONATION**

To protect patients, your blood is tested for several types of hepatitis, HIV, syphilis, and other infections. If your blood tests positive it will not be given to a patient. There are times when your blood is not tested. If this occurs, you may not receive any notification. You will be notified about any positive test result which may disqualify you from donating in the future. 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 diseases, such as AIDS and hepatitis, can be spread through sexual contact and enter your bloodstream. We will ask specific questions about sexual contact.

### **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, and apply to any of the activities below, whether or not a condom or other protection was used:

- 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)

## **HIV/AIDS risk behaviors**

HIV is the virus that causes AIDS. It is spread mainly by sexual contact with an infected person OR by sharing needles or syringes used by an infected person for injecting drugs.

### **Do not donate if you:**

- Have ever had HIV/AIDS or have ever had a positive test for the HIV/AIDS virus
- Have used needles to take any drugs not prescribed by your doctor IN THE PAST 3 MONTHS
- Have taken money, drugs or other payment for sex IN THE PAST 3 MONTHS
- Have had sexual contact IN THE PAST 3 MONTHS with anyone who has ever had HIV/AIDS or has ever had a positive test for the HIV/AIDS virus, ever taken money, drugs or other payment for sex, or ever used needles to take any drugs not prescribed by their doctor
- Are a male who has had sexual contact with another male, IN THE PAST 3 MONTHS
- Are a female who has had sexual contact IN THE PAST 3 MONTHS with a male who has had sexual contact with another male IN THE PAST 3 MONTHS
- Have had syphilis or gonorrhea IN THE PAST 3 MONTHS
- Have been in juvenile detention, lockup, jail or prison for 72 or more consecutive hours IN THE PAST 12 MONTHS
- Have a history of Ebola virus infection or disease

**Do not donate to get a test!** If you think you may be at risk for HIV/AIDS or any other infection, do not donate to simply get a test. Ask us where you can be tested outside the blood center.

**Do not donate if you** have these symptoms which can be present before an HIV test turns positive:

- Fever
- Enlarged lymph glands
- Sore throat
- Rash

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

## **IMPORTANT INFORMATION**

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

- **Are taking any medication to prevent HIV infection; these medications may be called: PrEP, PEP, TRUVADA, DESCOVY, APRETUDE or many other names**
- **Have taken any medication by mouth in the past 3 months to prevent an HIV infection**
- **Have received an injection or shot in the past 2 years to prevent an HIV infection**
- **Have EVER taken any medication to treat an HIV infection.**

**DO NOT** donate if your donation might harm the patient who receives the transfusion.

**THANK YOU FOR DONATING BLOOD TODAY!**

# BLOOD DONOR Educational Materials

## During your donation Staff will:

- Use only sterile, disposable, single-use equipment for each step of the process
- Select the most suitable vein(s)
- Explain the procedure and answer any questions you may have
- Monitor you for any possible side effects
- Ask that you stay awake through the entire procedure

## After your donation:

Your blood donation will be tested for various infectious agents, including HIV and hepatitis. However, there are circumstances in which infectious disease tests cannot be performed. Your blood may be tested by DNA techniques for cell markers important for providing transfusion. Your blood may also be tested for factors that may affect the health of individuals receiving your blood, or components made from your blood. If we become aware of any results that are of importance to your health or that affect your eligibility to donate, we will notify you. To better interpret and understand the results of such studies or tests, it may be necessary to contact you for follow-up testing. All donor records are strictly confidential. However, local law requires that Bloodworks report to the local health department the names of all persons with confirmed positive tests for certain infectious agents. Donor records may be reviewed by regulatory agencies and manufacturers of donor tests; in the latter instance, donor identification is concealed.

## Other Potential Uses of Your Donation:

A portion of your donation not used for transfusion may be used for quality control or investigational purposes by Bloodworks investigators and other members of the scientific and biomedical community. All information that could identify you will be removed before releasing samples or test information outside of Bloodworks. If DNA is analyzed, whole genome studies will not be performed. Bloodworks may contact you for participation in research studies. If you are contacted about research, it is always your choice whether or not you want to participate. Additional information is provided in the brochure entitled, "How Does Your Donation Go Further."

**Please do not donate to get tested for HIV, hepatitis, or any other infections!**



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# BLOOD DONOR Educational Materials

## Medication Deferral List

DO NOT STOP taking medications prescribed by your doctor in order to donate blood.

Donating while taking these drugs could have a negative effect on your health or on the health of the recipient of your blood.

PLEASE TELL US IF YOU:

ARE BEING TREATED WITH ANY OF THE FOLLOWING TYPES OF MEDICATIONS:	OR HAVE TAKEN:	WHICH IS ALSO CALLED:	ANYTIME IN THE LAST:
Antiplatelet agents (usually taken to prevent stroke or heart attack)	Feldene	piroxicam	2 Days
	Effient	prasugrel	3 Days
	Brilinta	ticagrelor	7 Days
	Plavix	clopidogrel	14 Days
	Ticlid	ticlopidine	
	Zontivity	vorapaxar	1 Month
Anticoagulants or “blood thinners” (usually taken to prevent blood clots in the legs and lungs and to prevent strokes)	Arixtra	fondaparinux	2 Days
	Eliquis	apixaban	
	Fragmin	dalteparin	
	Lovenox	enoxaparin	
	Pradaxa	dabigatran	
	Savaysa	edoxaban	
	Xarelto	rivaroxaban	
	Coumadin, Warfilone, Jantoven Heparin, low-molecular-weight heparin	warfarin	7 Days
Acne treatment	Accutane Amnesteem Absorica Claravis Myorisan Sotret Zenatane	isotretinoin	1 Month
Multiple myeloma	Thalomid	thalidomide	
Rheumatoid arthritis	Rinvoq	upadacitinib	
Hair loss remedy	Propecia	finasteride	
Prostate symptoms	Proscar Avodart Jalyn	finasteride dutasteride	
Immunosuppressant	Cellcept	mycophenolate mofetil	6 Weeks
HIV/AIDS Prevention	Truvada, Descovy, Tivicay, Isentress	tenofovir, emtricitabine dolutegravir, raltegravir	3 Months
	Pre Exposure Prophylactic (PrEP) or Post Exposure Prophylactic (PEP)		
	Apretude	Cabotegravir	24 Months
Basal cell skin cancer	Erivedge Odomzo	vismodegib sonidegib	24 Months
Relapsing multiple sclerosis	Aubagio	teriflunomide	
Rheumatoid arthritis	Arava	leflunomide	
Hepatitis exposure	Hepatitis B Immune Globulin	HBIG	12 months
<b>Experimental Medication or Unlicensed (Experimental) Vaccine</b>			
Psoriasis	Soriatane	acitretin	36 Months
	Tegison	etretinate	Ever
HIV/AIDS	Highly Active Antiretroviral Therapy (HAART) or Antiretroviral Therapy (ART)		

# BLOOD DONOR Educational Materials

## Medication Deferral List

**DO NOT STOP** taking medications prescribed by your doctor in order to donate blood.

*Some medications affect your eligibility as a blood donor for the following reasons:*

**Antiplatelet agents affect platelet function**, so people taking these drugs should not donate platelets for the indicated time. You may still be able to donate whole blood or red blood cells by apheresis.

**Anticoagulants or "blood thinners"** are used to treat or prevent blood clots in the legs, lungs, or other parts of the body, and to prevent strokes. These medications affect the blood's ability to clot, which might cause excessive bruising or bleeding when you donate. You may still be able to donate whole blood or red blood cells by apheresis.

**Isotretinoin, finasteride, dutasteride, acitretin, and etretinate** can cause birth defects. Your donated blood could contain high enough levels to damage the unborn baby if transfused to a pregnant woman.

**Thalomid (thalidomide), Erivedge (vismodegib), Odomzo (sonidegib), Aubagio (teriflunomide), and Rinvoq (upadacitinib)** may cause birth defects or the death of an unborn baby if transfused to a pregnant woman.

**Cellcept (mycophenolate mofetil) and Arava (leflunomide)** are immunosuppressants that may cause birth defects or the death of an unborn baby if transfused to a pregnant woman.

**PrEP or pre-exposure prophylaxis** involves taking a specific combination of medicines as a prevention method for people who are HIV negative and at high risk of HIV infection.

**PEP or post-exposure prophylaxis** is a short-term treatment started as soon as possible after a high-risk exposure to HIV to reduce the risk of infection.

**ART or antiretroviral therapy** is the daily use of a combination of HIV medicines (called an HIV regimen) to treat HIV infection.

**Hepatitis B Immune Globulin (HBIG)** is an injected material used to prevent hepatitis B infection following a possible or known exposure to hepatitis B. HBIG does not prevent hepatitis B infection in every case; therefore, persons who have received HBIG must wait to donate blood.

**Experimental medication or unlicensed (experimental) vaccine** is usually associated with a research study, and the effect on the safety of transfused blood is unknown.



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## RISKS AND HAZARDS OF BLOOD DONATION

### IRON DEPLETION (ALL DONORS)

#### **Maintain Healthy Iron Levels**

- Iron. Your body – and everybody needs it! Iron is an essential mineral that helps move oxygen to all organs, muscles and tissues in your body. It helps turn food into energy. Your good health depends on iron, just as we depend on you as a blood donor.
- That is why every time you donate we measure your red blood cell (RBC) level: how many red blood cells you have in circulation. Your RBC level normally remains at a set point unless (or until) your stored iron becomes depleted. We want to prevent you from ever experiencing depleted iron stores.
- In the days and weeks after you donate, your body naturally absorbs iron to replace what is lost. Once your iron stores are replaced, your body stops absorbing iron – to prevent having too much iron in the body.

#### **Frequent donors may need help**

- If you give blood as frequently as 3 times a year, including apheresis collections, recent studies have shown you are likely to need iron supplements.

**For tips to increase your iron level, please ask staff for more information.**

### POTENTIAL SIDE EFFECTS OF BLOOD DONATION (ALL DONORS)

Complications after blood donation are uncommon, but about 3-10% of blood donors may experience some side effects. The most common side effect is bruising at the needle site. A less common side effect is fainting within a few minutes to a few hours after donation. A rare side effect is potential nerve and blood vessel injury from the needle stick. You will be provided after-care instructions for potential side effects after your collection.

### APHERESIS DONORS ONLY (Platelet, Plasma, Red Cell, Granulocyte)

**It is important that you let the Apheresis Staff know if you develop ANY of the following side effects DURING donation so steps can be taken to alleviate your symptoms:**

- |  |   |   |
|--|---|---|
| <ul style="list-style-type: none"><li>• Anxiety</li><li>• Tingling around the face and/or fingers</li><li>• Fever and/or chills</li><li>• Cold, clammy skin</li><li>• Light headedness</li></ul> | <ul style="list-style-type: none"><li>• Dizziness</li><li>• Headache</li><li>• Fainting</li><li>• Bruising or swelling</li><li>• Rapid, shallow breathing</li><li>• Shortness of breath</li></ul> | <ul style="list-style-type: none"><li>• Irregular heartbeat</li><li>• Muscle discomfort, twitching, or spasms</li><li>• Nausea and/or vomiting</li><li>• Unpleasant taste sensation</li><li>• Hives or an allergic reaction</li><li>• Skin redness or itching</li></ul> |
|--|---|---|
- Apheresis donations may be collected more frequently than whole blood, and each type of donation has a specific waiting period to the next type of donation.
  - A malfunction of the instrument or operating conditions may cause the procedure to be discontinued early and can result in blood loss (less than one pint), hemolysis, air embolism, or clotting.
  - Each donor's annual red cell and plasma loss limits are monitored, and donors may be deferred up to 16 weeks if those limits are met.

**If you have any questions about blood donation, please ask staff for more information.**







## UPDATE: COVID-19 and Blood Donation

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### **DO NOT DONATE BLOOD TODAY IF:**

- In the past 10 days, you have been diagnosed with or suspected of having COVID-19, and had symptoms. Please refrain from donating blood for at least **10 days** after complete resolution of symptoms.
- In the past 10 days, you have had a positive diagnostic (e.g. nasopharyngeal swab) test for COVID-19, but you never developed symptoms. Please refrain from donating blood for at least **10 days** from date of positive test.

Please **do not donate for at least 10 days** after resolution of symptoms, or from the date of a positive diagnostic test result, whichever is longer.

**Additionally, the normal donor screening process includes evaluation of your health today, including your temperature. All of our donation criteria helps us assure a safe blood supply.**

If you are healthy, and without the above conditions for at least 10 days, **we welcome you to donate**. To date the CDC, FDA, and local Public Health standards continue to allow blood donation from others who are well.

Bloodworks is taking steps in accordance with published FDA and CDC information. We will update our processes as more information becomes available. **The Washington State Department of Health has established a call center to address questions from the public. If you have questions about what is happening in Washington, how the virus spreads, and what to do if you have symptoms, please call 1-800-525-0127 and press #.**

**Thank you for helping save lives in our community!**

## Information about Monkeypox Virus Outbreak

On August 4, 2022 the US declared the monkeypox outbreak a public health emergency, following the same designation from the World Health Organization (WHO).

**There is no current evidence that monkeypox spreads through transfusion.**

According to the US Centers for Disease Control and Prevention (CDC; [How It Spreads | Monkeypox | Poxvirus | CDC](#)):

**Monkeypox spreads** through close or intimate contact including:

- Direct contact with monkeypox rash, scabs, or body fluids from a person with monkeypox
- Touching objects, fabrics (clothing, bedding, towels) and surfaces that have been used by someone with monkeypox
- Contact with respiratory secretions
- Intimate contact, including oral, anal or vaginal sex or touching the genitals of a person with monkeypox, hugging, massage, kissing, prolonged face-to-face contact, touching fabrics and objects during sex
- Monkeypox may spread from a person with no symptoms, potentially from respiratory secretions, semen, vaginal fluid, urine or feces.

**\*\* If you have experienced any of these kinds of exposures, please wait 4 weeks to donate blood.**

**Monkeypox symptoms** commonly include ([Monkeypox Virus - Interim Fact Sheet \(aabb.org\)](#)):

- A characteristic illness for 2 days before the onset of rash with fever, malaise, enlarged lymph nodes.
- Typical monkeypox rash begins as nearly flat, small reddish spots, then becomes generalized, spreading outward and progressing to firm, deep seated vesicles and pustules followed by scabbing and skin shedding over a period of 14-21 days.

**\*\* If you have had monkeypox infection, please wait until all lesions are fully resolved and at least 4 weeks after symptoms started before donating blood.**





## Information about Monkeypox Virus Outbreak

**Monkeypox can be prevented by vaccination.**

**\*\* If you have had any of these vaccinations, there is no waiting (deferral) period to donate blood:** Jynneos or other vaccines that have received Emergency Use Authorization by the US FDA.

The monkeypox outbreak is evolving rapidly. Information and donor waiting periods (deferral) are subject to change according to updates from FDA, CDC and other advisory groups, even before all updates can be shared in this document.

Please contact us if you have any questions or concerns about monkeypox and blood donation.

**Questions, reporting of exposure, and illness notification:**  
[clinicalp@bloodworksnw.org](mailto:clinicalp@bloodworksnw.org) or (425)-656-3077

**Thank you!**