

## TOOLS & TEMPLATES (FREQUENTLY ASKED QUESTIONS)

### **Does it hurt to donate?**

Nearly everyone is a little nervous the first time they donate blood. Most donors will tell you they only feel a slight pinch when the needle is inserted. It is worth a little pinch to know that your donation can help save the life of another person.

### **Will I feel faint?**

Reactions rarely occur and are usually minor. The best way to avoid problems is to remain calm and understand the donation process. Be sure to eat regularly scheduled meals before donating and drink plenty of fluids. Fluid depletion is one of the most common causes of a reaction.

### **How do I know if I can give blood?**

Most people may donate if they are at least 17 years old (16 in the State of Maryland, with written parental consent) and weigh 110 pounds or more and are in good health. If you have any questions, please contact the American Red Cross at 1-800-GIVE-LIFE (1-800-448-3543).

### **What if I have high or low blood pressure?**

People whose blood pressure is in the acceptable range may donate. Blood pressure will be checked by the Red Cross professional prior to donating.

### **Will I become anemic after donating?**

No. The body begins replenishing the lost fluid and red cells at once.

### **What if something is wrong with my blood?**

You will be notified confidentially of any positive blood test results.

### **Can I find out my blood type?**

Approximately eight weeks after the donation, an identification card, bearing your blood type, will be sent to your home.

### **How often may I donate blood?**

You will be eligible to donate after 56 days following a whole blood donation and 112 days following an automated red blood cell process.

### **Can I get AIDS from giving blood?**

It is 100% impossible to get AIDS, or any other disease, from giving blood. The needle and container are sterile. They are used only once for your donation and then discarded.

Will information I discuss with the Red Cross professional or the test results be shared with anyone? Absolutely not! All health history and blood test results are confidential.

### **Will I have to limit my activities after donating?**

Not really, although you will be requested not to lift anything heavy with your donation arm for 4 hours and to refrain from strenuous exercise for at least twelve hours.

### **How much blood do I give?**

A donation is approximately one unit (or one pint). The average person's body contains approximately ten to twelve pints of blood.

An electronic version of this information can be retrieved by contacting your Red Cross Account Representative