

Your Safety Is Our Concern

The American Red Cross does its best to make certain your blood donation will be a pleasant, safe experience.

We check your health before allowing you to donate blood. We use a new, sterile needle and plastic bag to collect the blood. Both are used *only once!* This precaution guarantees that you cannot get an infection while donating blood.

Blood Transfusions Are Safe

We are just as concerned about the donors who give blood as we are about the patients who receive it.

To keep the blood supply safe, we take many precautions. For example, we allow only healthy people to donate blood. In addition, we test *every* blood donation for signs of such infectious diseases as AIDS, hepatitis, and syphilis. Any unit of blood that tests positive is *not transfused*.

The Red Cross takes the additional precaution of determining the exact blood group of every unit donated so that it is given only to a patient whose own blood is compatible.

Donors like you make the American Red Cross lifesaving—and *life-giving*—work possible.

Thank you for giving. Again and again.



**Your blood save
somebody's baby**

GIVE BLOOD, PLEASE



Give Again...Please!

When you were asked in the past, you cared enough to respond with the gift of life—blood. For that we thank you very much.

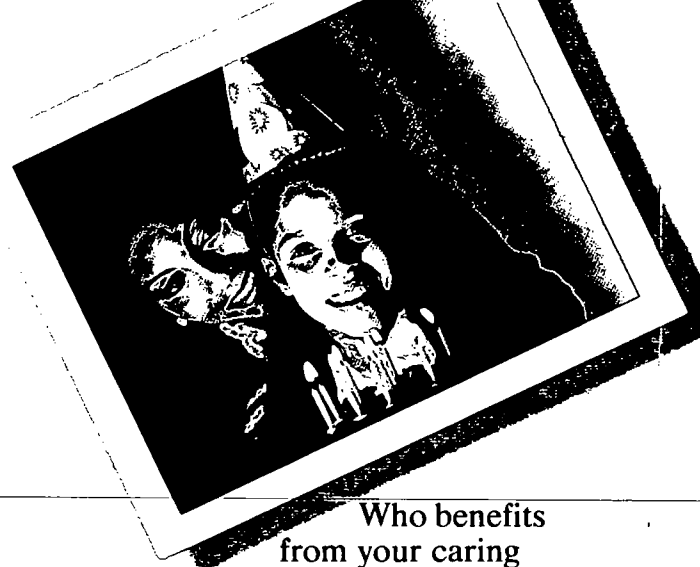
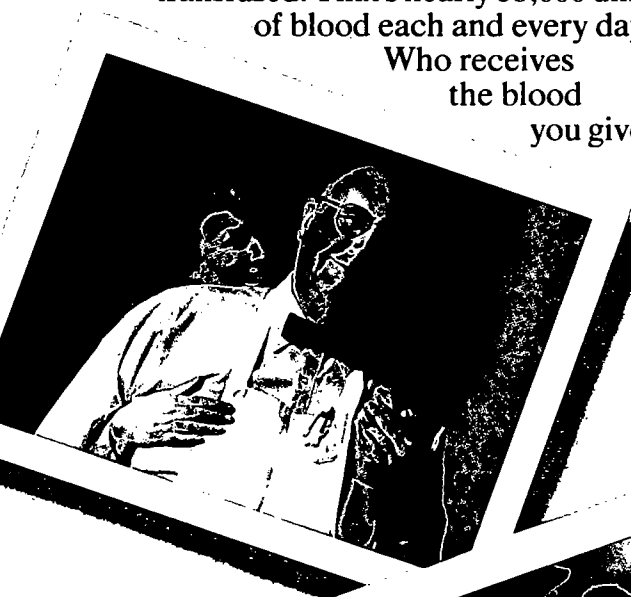
Your blood might well have saved somebody's baby—whether that baby was 90 days, or 90 years, old.

Now, we want to urge you to give again.

Volunteer blood donors are an absolutely vital part of America's health care system. There is a constant demand for blood.

Every minute, more than 36 units of blood or specialized blood components are transfused. That's nearly 53,000 units of blood each and every day.

Who receives
the blood
you give?



Who benefits
from your caring
unselfishness?

Your loved ones. Neighbors.

A colleague at work. People of all ages in your community: A little girl undergoing liver surgery. A teen-aged boy afflicted with hemophilia. An executive who must have heart surgery. A teacher who desperately needs your blood to fight leukemia.

Blood also helps patients suffering from anemia, trauma, cancer, gastrointestinal diseases, bone diseases, lung diseases, kidney diseases, and many other health problems.

But blood is perishable. It must be used within 35 to 42 days. Some components must be used within five days. That's why the demand for blood is so high. And why blood donations are needed constantly.

Now you see why patients depend on you—healthy volunteer donors who have given blood before. So give blood again and again. Please.

Helping in More Ways Than One

Did you realize that your blood can help more than one patient?
Here's how.

Whole blood can be used to replace blood lost by patients who are suffering from massive bleeding. Blood can also be separated into components that are then used individually.

Plasma, the pale yellow liquid portion of blood, is a source of proteins that stop bleeding by forming blood clots. Patients such as hemophiliacs, whose own blood does not clot properly, need these proteins.

Platelets which also aid in blood clotting, are fragile blood cells used to raise platelet levels in patients with leukemia and other types of cancer. They must be transfused within five days.

White blood cells are given to help patients, including newborn infants, fight severe infections.

Red blood cells help treat anemia and increase the oxygen-carrying capacity of the blood during surgery.

By giving blood two, three, or even four times a year, you can help many sick or injured people whose lives may depend on you.

Please give blood again...and again.

Blood Collecting and Processing Costs

Patients never pay for the blood that volunteers like you donate. However, they are charged a processing fee to cover the costs of collecting, testing, labeling, storing, preparing components, and delivering blood to hospitals. This processing fee appears on the patient's hospital bill and is paid by health insurance plans.

The blood you share is really a priceless gift. Science can't duplicate it. And people simply can't live without it.

THE WHITE HOUSE
WASHINGTON

Room 145 OE02B

4:30 - 5:00 pm

3/24

Office of Nat'l Service

re: BLOOD DRIVE

4/13

Karen Ewing x6444

March 31, 1993

MEMORANDUM TO: First Lady Staff
FROM: Diane Limo, Office Manager
SUBJECT: Blood Drive

The American Red Cross is recruiting donors for the Blood Drive.
I encourage you to donate.

WHEN: Tuesday, April 13, 1993
9:00 a.m.-3:00 p.m.

WHERE: Indian Treaty Room, OEGB

WHY: You and I might need to receive blood sometime.

We all would want blood to be available if we needed it, so why not donate for someone who needs blood now? The process is very simple:

- o Sign up at my desk.
- o Choose a time on the 13th that best suits your schedule.
- o I will confirm the time.
- o The whole process takes about 1 hour, but the actual donation takes less than 10 minutes.
- o Giving blood is safe.

I have a lot of information about the process, and I am happy to answer any questions that you may have. Come see me in OEGB Room 474 or call on 456-6266.

This is easy and it's a good thing to do.

IMPORTANT NUMBERS
(as of March 31, 1993)

NAME	TITLE	PHONE	FAX
Room 100-OEOB			
Margaret A. Williams	Chief of Staff WW to the First Lady	X1660 X6266	6244
Evelyn Lieberman	Executive Assistant to the Chief of Staff	x6266	6244
Melanne Verveer	Deputy Chief of Staff to the First Lady	x6266	6244
Anne Bartley	Assistant to the Deputy Chief of Staff	x6266	6244
Diane Limo	Special Assistant/ Office Manager	x6266	6244
Lisa Caputo	Press Secretary for the First Lady	x2960	7805
Neel Lattimore	Deputy Press Secretary	x2960	7805
Karen Finney	Deputy Press Secretary	x2960	7805
Second Floor - West Wing			
Pam Barnett	Executive Assistant for Domestic Policy	x2369	2878
Shirley Sagawa	Special Assistant to the President for Domestic Policy	x2599	2878
Rm 185 1/2 - OEOB			
Patti Solis	Director of Scheduling for the First Lady	x7560	2317
Julie Hopper	Deputy Director of Scheduling for the First Lady	x7560	2317
Isabelle Tapia	Director of Advance	x7560	2317
Sara Grote	Ofc. of Scheduling for the First Lady	x7560	2317

Rm 188 - OEOB

		Ext	Fax
<i>no</i> Kelly Craighead	Associate Director of Advance (First Lady)/ Trip Director	x2518	2317

Second Floor - East Wing

Capricia Marshall	Special Assistant to the First Lady	x7064	6235
Ann Stock	Social Secretary	x7136	6235
Ann McCoy	Deputy Social Secretary	x7136	6235
Helen Dickey	Assistant to the Social Secretary	x7136	6235
Joyce Bonnett	Special Assistant to Social Secretary	x7136	6235
Carolyn Huber	Director, Personal Correspondence	x2957	4198
Millie Alston	Personal Correspondence	x2957	4198

Rm 19 - OEOB

Kelly Carnes	Acting Director of Correspondence	x2708	2926
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Rm 197 - OEOB

Kim Tilley	Research/Briefing Book Coordinator	x7845	2239
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Give Another Chance Give Blood

Recruiting Blood Donors: Be Personal, Be Positive, Be Prepared

Be Personal

Individualized, one-to-one contact between you, the recruiter, and a possible donor is the key to success. A poster can't convince someone that their donation is important--only another person can do that. Asking someone to give blood means asking that person to take an hour of their time to donate a pint of blood to patients in need. Remember . . . a blood donation is a very personal commitment!

Be Positive

Here are some good ways to ask people to donate.

- o "Would you like to donate in the morning or afternoon?"
- o "Giving blood is easy. Let me explain the process."
- o "Everyone is signing up, how about you?"
- o "You would want blood to be available if you needed it, so why not donate for someone who needs it now?"

Be Prepared

Make sure you know answers to some of the basic questions people have about donating blood.

The enclosed "Most Frequently Asked Questions About Donating Blood" should provide some assistance.

Have answers for common excuses people give for not donating.

The enclosed "Eleven Most Common Excuses for not Giving Blood" should give you some quick responses.



American Red Cross
The Greater Chesapeake and Potomac
Regional Blood Services

Give Another Chance Give Blood

How To Recruit First Time Donors

Studies show the reason most people who have never donated blood are fearful. To recruit more first-time donors, try to alleviate their fear. Please assure people:

- 1. Many people are apprehensive the first time. Most are surprised to find out what a simple procedure and pleasant experience donating really is and many become repeat donors.**
- 2. There is no pain associated with giving blood. The only sensation felt at all is a momentary "pinching" as the needle penetrates the skin.**
- 3. No one is ever allowed to donate if it is not safe. A complete mini medical exam is given to every donor.**
- 4. Donating should not leave the donor in a weakened condition. Most donors go right back to work. Donors who eat balanced meals and who truly understand the donating process need not anticipate problems. Please ask everyone you sign up to eat a good breakfast.**
- 5. After donating, the body goes right to work manufacturing more blood cells. Usually the volume of fluid is replaced within 24 hours. Red cells are replaced in about six weeks. That is why donors are eligible to donate as often as five times a year with a minimum of eight weeks between donations.**



**American Red Cross
The Greater Chesapeake and Potomac
Regional Blood Services**

Give Another Chance Give Blood

Other Suggestions for Recruiting Donors

Keep in mind that the Red Cross does not need the blood -- patients do! Base your conversation on this fact. People must be convinced that their blood will be used to help a person who needs it -- a sick child, an accident victim, a surgery patient.

Attune yourself to the potential donor's emotions and attitudes. If he or she appears hesitant, find out what makes him or her feel uncomfortable about donating blood.

Remember, the donor's enthusiasm can be directly related to your own. Be positive in your approach and choose a time when you have the donor's full attention.

Tell the donor honestly what it feels like to give blood. If the donor needs time to decide, do not force a decision.

If a person refuses to give or is not eligible for some reason, make a note of this fact for your records. Thank the donor for talking to you. Remember to follow up on the prospects who require time to decide.

Knowing the reason people hesitate to give blood and being able to answer their questions will certainly help when recruiting, especially the "first time donor".

Do not use the telephone or mail for initial recruitment contacts. These means are fine for follow up reminders, but they do not have the effect or the impact of a face to face conversation.



**American Red Cross
The Greater Chesapeake and Potomac
Regional Blood Services**

GIVE

9am - 3pm
TIME

Be a blood donor. It's a good feeling. + American Red Cross



Your blood saved somebody's baby.

Thank you for giving. Again and again.

Date: Tuesday, April 13, 1993

Time: 9:00am - 3:00pm

Place: Indian Treaty Room
OEOB, Room 474

(See Diane Limo to sign up)

GIVE BLOOD, PLEASE



American
Red Cross

THE WHITE HOUSE

WASHINGTON

August 4, 1994

MEMORANDUM TO THE STAFF

FROM: DIANE G. LIMO

SUBJECT: BLOOD DRIVE

*Did not
Send*

There will be a blood drive on August 16, 1994. The red cross is asking that as many people as possible donate blood. This is very important. Did you know that:

- By age 72, 95% of all Americans will receive a blood product, but less than 5% of the people in the Washington, DC metropolitan area donate blood
- Successful treatment of 80% of all trauma victims requires the immediate availability of blood
- One organ transplant patient can require as many as 300 blood products during surgery and recovery

There is virtually no pain associated with giving blood, and your donation is greatly needed. The entire process takes about an hour (including registration, donation of blood, and refreshments). If you would like to donate blood, please contact me by August 13, 1994.

And remember, when you give blood this Summer, you give someone another chance to smell the flowers.

Together We Save Lives... Give Blood !!

Hours: 9am - 12 Noon - 1pm - 3pm (15 minute intervals)

[illegible]

Recruiter Phone #: X66266

Give the Gift of Life

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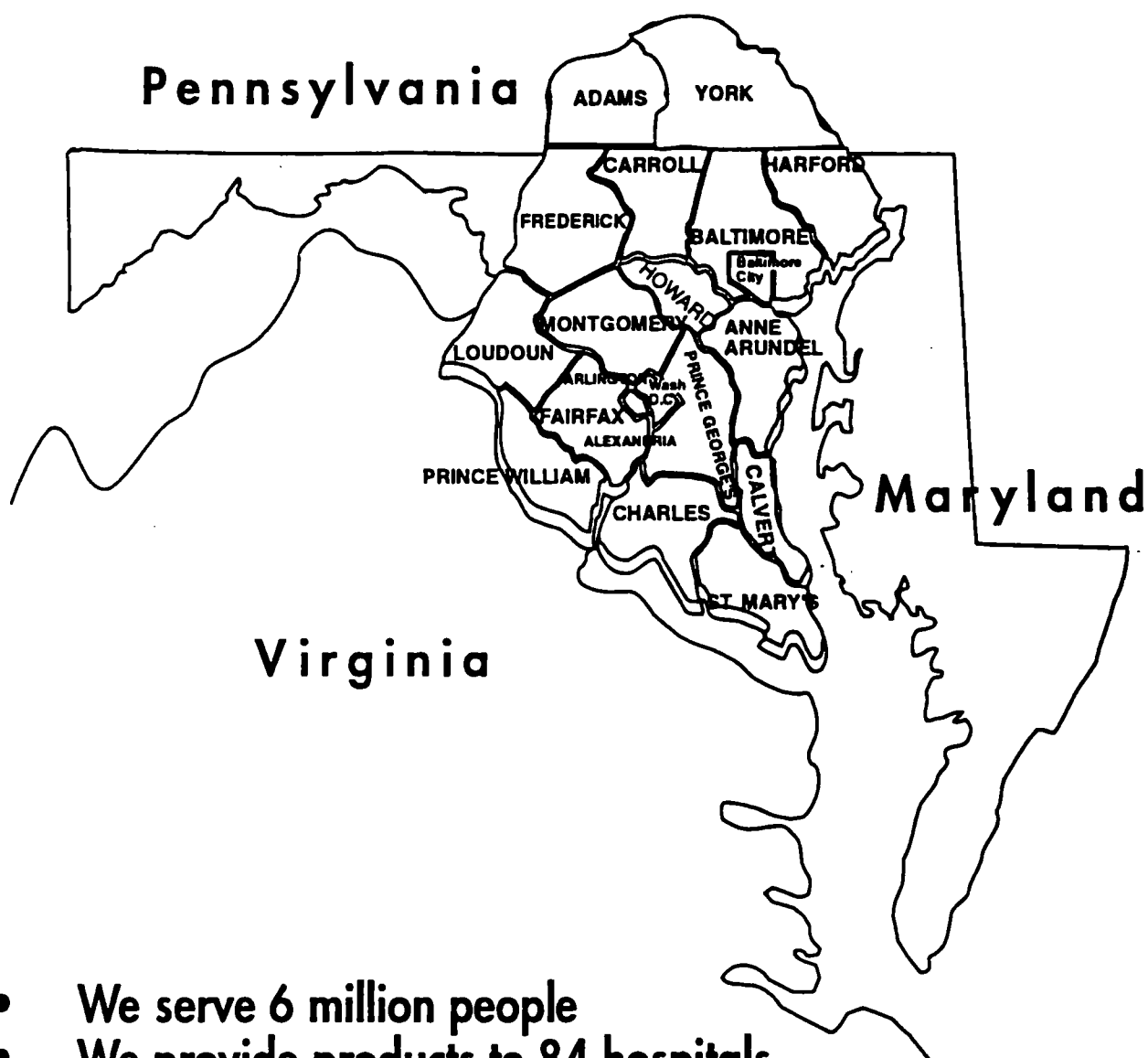
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American Red Cross
Red Cross Blood Services
Greater Chesapeake & Potomac Region

1994-1995 BLOOD DONOR CAMPAIGN

Red Cross Blood Services
Greater Chesapeake and Potomac Region

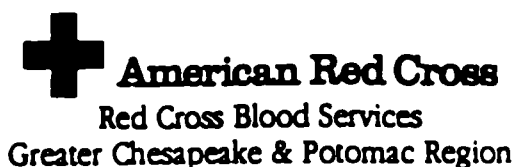


- We serve 6 million people
- We provide products to 84 hospitals

Give the Gift of Life

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FACT SHEET

BLOOD FACTS:

- By the age of 72, 95 percent of all Americans will receive a blood product. Less than 5 percent of the people in our area donate blood
- Successful treatment of eighty percent of all trauma victims requires the immediate availability of blood
- One organ transplant patient can require as many as 300 blood products during surgery and recovery

REGIONAL FACTS:

- The Washington-Baltimore Red Cross Blood Services Region is the 3rd largest region in the U.S.
- The Washington-Baltimore Red Cross provides 85% of the blood products used in our local area
- In the Washington-Baltimore Region, 1500 blood donors are needed daily to meet patient needs
- Organ transplant surgeries, such as kidney, liver, heart, heart-lung and pancreas transplantations, are being performed by several hospitals in this area

DONATION FACTS:

- Awareness of the need for blood is the most important reason people decide to give blood
- The primary reason people do not give blood is that they *have not been asked*
- It is impossible to contract AIDS through the process of blood donation. All equipment is sterile, used once and thrown away



Typical Blood Requirements

In the United States, one out of every 10 hospital patients needs blood—one patient every 12 seconds. The overwhelming majority would die without it. Thanks to 4 million donors, their need can be met.

When people think of the need for blood, they generally think of emergencies, but for thousands of Americans it's a way of life. For example, people who suffer from sickle cell anemia, cancer, heart disease, leukemia, and other major illnesses need blood to survive.

How much blood is needed by a patient depends on the type of surgery and whether or not there are complications.

<u>Blood Usage</u>	<u>Typical case (number of units needed)</u>
Liver transplant	20 red cells, 20 plasma, 10 platelets
Heart transplant	0-4 red cells
Miscarriage	2-4 red cells
Orthopedic (knee replacement)	2 red cells
Prostate cancer	4-6 red cells
Hysterectomy (complications)	2-4 red cells
Aneurysm	6 red cells, 4 plasma
Bone marrow transplant	1-2 red cells a week 6-8 platelets daily for 4-6 weeks
Automobile accident	4-40 red cells

Recruiting Blood Donors: Be Personal, Be Positive, Be Prepared

Be Personal

Individualized, one-to-one contact between you and the potential donor is the key to success. A poster can't explain the importance of a blood donation - only another person can do that. Asking someone to give blood means asking that person to take an hour of their time to save a life. Remember... a blood donation is a very personal commitment!

Be Positive

Here are some good ways to ask people to donate -

- Would you like to donate in the morning or afternoon?
- Giving blood is safe, quick and easy. Let me explain the process.
- Everyone is signing up, how about you?

Be Prepared

Make sure you know answers to the basic questions about donating blood.

The enclosed "Most Frequently Asked Questions About Donating Blood" will provide assistance.

Have responses for common excuses people give for not donating.

The enclosed "Eleven Most Common Excuses for not Giving Blood" should help.

A Brief Description of the Donation Experience

Here's what to expect when you donate blood:

First, you register, furnishing basic demographic information, including your name, address, phone number and social security number.

Next, a brief medical history interview is conducted, to insure that it is safe for you to donate, and that your blood is safe for a patient to receive. Your vital signs are checked, including your pulse, blood pressure, temperature, and hemoglobin level.

After you pass these initial screening tests, you proceed to a confidential booth where you have another opportunity to indicate whether your blood should be used.

Now you are ready to donate. You will lie down on a cot and the technician will cleanse your arm, insert the needle and monitor your donation. This entire process takes from 6 - 10 minutes.

After you complete the donation process, you spend from 10-15 minutes at the canteen area. You will enjoy some juice and cookies, rest a little, and get ready to enjoy the rest of your day. When you leave you are ready to resume your usual activities.

Recruiting First Time Donors

Studies of non-donors show there are three reasons people don't donate -

They're fearful or apprehensive
It's not convenient
No one ever asked them

As a member of this recruitment team, you can address these concerns or fears, and encourage your co-workers to give for the first time.

- Many people are apprehensive the first time. Most are surprised to find out what a simple procedure and pleasant process donating blood really is. Many become repeat donors.
- There is virtually no pain associated with giving blood. The only sensation is a momentary 'pinching' feeling as the needle is inserted.
- The entire donation process takes about one hour, from registration through canteen refreshments. This speed, combined with donating 'on the job', makes giving blood quick and convenient.
- No one is allowed to donate if it is not safe for them to do so. A mini medical history and vital sign check is conducted on each potential donor.
- Most people feel fine immediately after donating blood. They can go back to work or resume their usual activities. A few may feel a slightly weak, but the feeling passes quickly. Eating a good meal prior to donating and following the nurse's instructions after the donation

will insure a quick recovery.

- **After the donation, the body goes to work restoring fluids and red blood cells. Fluid volume is replenished within 24 hours; red blood cells are replaced within six weeks. You are eligible to give every 56 days or eight weeks.**
- **You are the vital link between potential donors and patients in our hospitals. A personal invitation to donate blood is the best motivation.**

Other Recruitment Suggestions

Keep in mind that the Red Cross does not need blood - people do! Potential donors must be able to visualize the patient who will use their blood - a sick child, an accident victim, a surgery patient.

Attune yourself to the potential donor's emotions and attitudes. If he or she appears hesitant, try to find out what the reasons are and address them.

Remember, the donor's enthusiasm can be directly related to your own. Be positive in your approach and choose a time when you have the donor's full attention.

Tell the donor honestly what it feels like to give blood. If the donor needs time to decide, give him or her some space - arrange to follow up in a day or so.

If a person refuses to give or is not eligible for any reason, make a note of this fact for your records. Thank the donor for talking to you.

Knowing the reasons people hesitate to give blood and being able to answer their questions will certainly help when recruiting, especially the 'first time donor.'

Try to make your first contact with a potential donor personal and face to face. The telephone and/or mail systems may be helpful to confirm appointments and remind donors.

BLOOD FACTS

Did You Know -

- The average adults body contains about 10-12 pints of blood
- A little over an hour is all it takes to share life and donate a pint of blood, including registration, health check and relaxation period - the actual donation time is less than 10 minutes.
- It takes your body approximately 24 hours to replace the fluid lost during the donation.
- Healthy persons ages 17 and older who weigh at least 110 pounds are eligible to give blood every 56 days
- The Red Cross collects blood from volunteer donors only

What's Your Blood Type? Find Out By Donating!

- Blood groups are inherited. In our population the following percentages are found for ABO and Rh blood groups:

O positive - 38	B positive - 9
O negative - 8	B negative - 2
A positive - 32	AB positive - 3
A negative - 7	AB negative - 1

More Facts About Blood

- A unit of whole blood from a single donor can be separated into components and used to treat three or four patients
- Whole blood has a shelf life of only 35 days while packed red cells have a shelf life of 42 days
- Platelets, which are a blood component, have a shelf life of only 5 days

ELEVEN MOST COMMON EXCUSES FOR NOT GIVING BLOOD

AS YOU MAKE PERSONAL contact with your group's potential donors, you may run into some creative excuses for not giving blood. So that you'll be ready with the facts, here are the answers to the eleven most common excuses for not giving blood:

No one ever asked me to donate blood.

Consider yourself invited. Blood comes only from people. It can't be manufactured. Your gift could mean life for a sick child, an accident victim, or an elderly person facing surgery.

Other people must be giving blood.

The need for blood and blood products is constantly increasing. The needs of patients must be met by more donors... people like you.

I'm afraid to give blood.

Everyone feels that way the first time. You'll find out there's nothing to it.

I don't want to get AIDS

It's impossible to get AIDS from donating blood. We use a disposable, sterile needle and a separate blood bag for each donor. The needle and the bag are used only once.

I already gave this year.

Healthy donors are eligible to give every 56 days.

I don't have any to spare.

The average adult has about 10 to 12 pints of blood. Doctors say that healthy people may give regularly. The blood donated is replaced within a few hours.

My blood isn't the right type.

Every type is the right type. All negative blood types are especially needed, as well as type O.

Eleven Most Common Excuses (Con't.)

They won't want my blood because of an illness I've had.

If you have some doubts, check with your physician. However, the qualified medical staff at the blood drive will review your medical history before you make a donation.

I didn't realize my blood was needed.

It certainly is. In the Washington-Baltimore area 1,500 donations are needed every day to meet the needs of the area's patients

I'm anemic.

Everyone who donates gets a 'mini-physical' which includes taking a blood sample before donating. Being deferred for this reason once may not prevent you from donating in the future.

I'm too busy.

The complete donation process takes about 1 hour. The actual donation time is 6-7 minutes. If you stop to think of all the good donating blood can do, we believe you might decide you aren't too busy after all.

MOST FREQUENTLY ASKED QUESTIONS ABOUT DONATING BLOOD

Question

Does it hurt to donate?

When the needle is inserted the feeling is similar to a mild pinch. You might pinch the skin at your elbow joint to see how the needle will feel.

Will it make me sick or will I feel faint?

Reactions rarely occur and are usually minor. The best way to avoid problems is to remain calm and understand the donor procedure. Be sure to eat your regularly scheduled meals before donating.

Can I chicken out?

Yes, however we are counting on you to keep our area's blood supply at a safe level.

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 12 hours.

How much blood do I have to give?

A donation is approximately one unit (or one pint). The average person has about 10-12 pints.

How do I know if I can give blood?

Most people may donate if they are 17 years old, weigh more than 110 lbs. and are in good health. If you have any questions, please contact the Red Cross.

What if I have high or low blood pressure?

People whose blood pressure is in the normal range may donate. Blood pressure will be checked by the nurse prior to every donation.

Most Frequently Asked Questions (Con't.)

<u>Question</u>	<u>Answer</u>
Will I become anemic after donating?	No. The body begins replenishing the lost fluid and red cells at once.
If something is wrong with my blood, would I find out?	You would be notified confidentially if there are any problems found.
Why can't I give blood even though I had hepatitis a long time ago?	Even after a person has fully recovered from hepatitis, his or her blood can still transmit the disease. For this reason, any person with a past history of hepatitis may never donate.
How long does it take to donate?	Although the whole process, from start to finish, takes about 1 hour, the actual donation takes only about 6 to 7 minutes.
Can I eat before I donate?	You should <i>not</i> refrain from eating before giving blood.
Can I find out my blood type?	After donating blood an identification card bearing the blood type is sent to your home within about 8 weeks.
How often may blood be donated?	Every 56 days.

Donor Recruiter Responsibilities

The primary function of the Donor Recruiter is to be a liaison between the Steering Committee and the donors. This is accomplished by communicating all pertinent information, boosting morale of the donors and following up as needed. Specific functions include:

1. Thoroughly review your Donor Recruiter Packet
2. Post and/or distribute promotional information as needed
3. Review your area of responsibility to make sure there are no oversights
4. List on the enclosed sign up sheet employees who plan to give blood
5. Make sure everyone in your department is aware of the blood drive and has the opportunity to sign up
6. Stop by the blood drive to insure that your donors are keeping their appointments
7. Be Personal, Be Prepared, Be Positive - Remember...

Together, We Save Lives!

QUALIFYING FOR BLOOD DONATION, INFORMATION FOR BLOOD DONORS AND BLOOD DONOR CHAIRPERSONS

American Red Cross
Red Cross Blood Services
Greater Chesapeake and Potomac Region

For further information call:
(410) 764-4632 or 1-800-272-2048

Age	Donors must be at least age 17 to donate. There is no upper age limit for donation.
AIDS	Having AIDS or a positive AIDS test would exclude an individual from blood donation. Being involved in risk behaviors that expose one to AIDS are also reasons for deferral. Some of these risk behaviors include past intravenous and/or intramuscular drug abuse (including non-prescription steroids), a man having sex with another man or having sex with a prostitute. The receipt of clotting factor concentrates may also result in some risk of AIDS exposure (with the exception of exposure to a prostitute, (a one year deferral), AIDS risk results in a permanent deferral.) Finally, individuals who are the sex partners of anyone with the above AIDS risks are also deferred temporarily.
Allergies and Allergy Shots	If allergies are inactive or under control, an individual may donate. Allergy shots are not a contraindication for donation.
Artificial Kidney/ Dialysis	Donors on hemodialysis may not donate. However, the relatives and close contacts of those individuals may donate. If a family member participates actively in the health care (including home dialysis) of a dialysis patient, proper protective precautions must be followed if the family member wishes to donate.
Asthma	If asthma is under control, there is no deferral.
Blood Disease	Depending on the nature of the blood disease, a donor may be allowed to donate or may be deferred. Please contact the information numbers given above for more information.
Cancer	Donors with histories of localized and cured cancers such as basal cell or squamous skin cancer, cervical cancer in situ or non-invasive cancer in colon polyps may donate. Other donors with history of a cancer cured at least 5 years prior may also qualify for donation. However, this must be evaluated by the Red Cross Health Historian. Contact the information numbers above for assistance.
Colds and Sore Throats	Donors will be deferred for the first 24 hours into their cold to be sure the blood is safe for those receiving it. After 24 hours, donors may be accepted if they feel well enough to donate.
Competitive Sports	The team coach will determine if sports activities are compatible with donation.
Convulsions, Epilepsy and Seizures	Must be evaluated by the Red Cross Health Historian.
Dental Work	Minor dental work such as dental cleaning, fillings, and tooth extractions are not a cause for deferral as long as there is no infection. For oral surgery a 72 hour deferral period is required.
Diabetes	Acceptable 2 weeks after establishment of insulin protocol. Persons treated by diet or oral medications are acceptable for donation.
Ear Piercing	No deferral if done in physician's office or department/jewelry store using ear piercing gun with sterile disposable supplies.
Heart Disease, Heart Attack and Hypertension	Donors with controlled hypertension (high blood pressure) may donate. A history of prior heart disease, heart attack and prior heart surgery may require further evaluation by the Red Cross Health Historian. Contact the information numbers above for more information.

Hepatitis, Exposure to Hepatitis, Yellow Jaundice	A past history of viral hepatitis of any type on or after age 11 is a cause for permanent deferral. Hepatitis related to mononucleosis or CMV infection is not a cause for deferral. Close contact with someone with hepatitis (for example, living in the same home) must be evaluated by the Red Cross health historian . Yellow jaundice if due to viral hepatitis is a cause for permanent deferral.
Infectious Mononucleosis	Donors may donate after fully recovered.
Lyme Disease	Evaluated by the Red Cross Health Historian.
Malaria	Travel within a country with malarial risk will result in a six month deferral. If malaria medicines are taken the deferral period becomes 3 years. An individual with past malaria may donate when he or she is symptom free for three years.
Medications	Common medications such as aspirin, vitamins and birth control pills are not a reason for deferral. Antibiotics will usually necessitate a deferral for 48 hours after the medicine is stopped. Donors may however, donate while taking acne medications and while using topical ointments. For questions about other medications contact information numbers above. Advise donors to bring names of medications with them.
Pregnancy	A woman may donate 6 weeks after a full term uncomplicated delivery and/or termination of pregnancy in third trimester. A first or second trimester abortion or miscarriage does not usually defer a donor.
Shortness of Breath or Lung Disease	For serious problems contact information numbers above.
Stroke	Evaluated by the Red Cross Health Historian.
Syphilis or Gonorrhea	Acceptable 12 months after last treatment or symptoms.
Surgery	Must be evaluated by the Red Cross Health Historian. If a blood transfusion was received a one year deferral will occur.
Tattoo	A tattoo results in a 12 month deferral
Time Between Donations	56 days or 8 weeks.
Travel Outside the U.S. and Canada	May result in deferral. Contact information numbers above for questions about travel.
Transfusion	Transfusion with blood products will generally result in a one year deferral. Use of autologous (self donation) blood products requires no deferral.
Weight	The donor must weigh at least 110 pounds.

THE WHITE HOUSE

WASHINGTON

April 5, 1993

MEMORANDUM TO THE FIRST LADY'S OFFICE

FROM: DIANE G. LIMO *Diane*

SUBJECT: Blood Drive

The American Red Cross is recruiting donors for the Blood Drive. I encourage you to donate.

WHEN: Tuesday, April 13, 1993
9:00 a.m. - 3:00 p.m.

WHERE: Indian Treaty Room, OEOB, Room 474

We all would want blood to be available if we needed it, so why not donate for someone who needs blood now? The process is very simple:

- o Sign up at my desk.
- o Choose a time on the 13th that best suits your schedule.
- o I will confirm the time.

The whole process takes about 1 hour, but the actual donation takes less than 10 minutes. I have attached a lot of information about the process, and I am happy to answer additional questions that you may have. Please call me at x6266 as soon as possible -- and remember ...

GIVING BLOOD IS SAFE AND EASY!

GIVE ANOTHER CHANCE!

GIVE BLOOD!

Give Another Chance Give Blood

A Brief Description of the Donation Experience

Here is what you can expect to happen when you donate.

First, you register, furnishing such basic information as your name, address, phone number, and so on.

Next, a medical history is taken to reveal any circumstances or conditions that might affect your eligibility as a donor. Then, a drop of blood from your ear is analyzed, and your pulse, blood pressure, & temperature are checked. Finally, a qualified person reviews all this data and decides if you are an eligible donor.

Assuming there is nothing to prevent you from giving blood, you are then asked to lie on a bed. Giving the pint of blood feels about the same as having blood taken from your arm for a blood test, and the procedure takes only 5 to 10 minutes. Afterward, you will rest a short while, have some juice, and then you are on your way, feeling good about the experience, and ready to resume your usual activities.



**American Red Cross
The Greater Chesapeake and Potomac
Regional Blood Services**

QUALIFYING FOR BLOOD DONATION, INFORMATION FOR BLOOD DONORS AND BLOOD DONOR CHAIRPERSONS

American Red Cross
Red Cross Blood Services
Greater Chesapeake and Potomac Region

For further information call:
(410) 764-4632 or 1-800-272-2048

Age	Donors must be at least age 17 to donate. There is no upper age limit for donation.
AIDS	Having AIDS or a positive AIDS test would exclude an individual from blood donation. Being involved in risk behaviors that expose one to AIDS are also reasons for deferral. Some of these risk behaviors include past intravenous and/or intramuscular drug abuse (including non-prescription steroids), a man having sex with another man or having sex with a prostitute. The receipt of clotting factor concentrates may also result in some risk of AIDS exposure (with the exception of exposure to a prostitute, (a one year deferral), AIDS risk results in a permanent deferral.) Finally, individuals who are the sex partners of anyone with the above AIDS risks are also deferred temporarily .
Allergies and Allergy Shots	If allergies are inactive or under control, an individual may donate. Allergy shots are not a contraindication for donation.
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Shortness of Breath or Lung Disease	For serious problems contact information numbers above.
Stroke	Evaluated by the Red Cross Health Historian.
Syphilis or Gonorrhea	Acceptable 12 months after last treatment or symptoms.
Surgery	Must be evaluated by the Red Cross Health Historian. If a blood transfusion was received a one year deferral will occur.
Tattoo	A tattoo results in a 12 month deferral
Time Between Donations	56 days or 8 weeks.
Travel Outside the U.S. and Canada	May result in deferral. Contact information numbers above for questions about travel.
Transfusion	Transfusion with blood products will generally result in a one year deferral. Use of autologous (self donation) blood products requires no deferral.
Weight	The donor must weigh at least 110 pounds.

The Greater Chesapeake and Potomac Regional Blood Services



HE RED CROSS has been providing blood in the Central Maryland and Southern Pennsylvania community since 1938, and in the Washington, D.C. and Virginia area since 1946.

IN THE LAST DECADE, due to dramatic changes in the medical field, community demand for blood and blood components has grown tremendously. In 1976, the Chesapeake Region collected 96,000 units of blood. In 1986, collections had risen to 162,000 units, with 196,000 in Washington, D.C. In 1990 the Chesapeake and Potomac regions merged and set a total collection goal of 320,000 units.

SINCE 1980:

- Five Baltimore and six Washington, D.C. area hospitals have started open heart surgery programs, all requiring large amounts of blood products.
- Johns Hopkins began heart, heart-lung, bone marrow, and liver transplants. The average blood use for a liver transplant is 100 units, but 200 units is not uncommon.
- The University of Maryland opened a kidney transplant center, another major demand for blood products.
- The Washington Hospital Center has become nationally known for

its work with heart patients.

- National Children's Medical Center in Washington, D.C. began specializing in pediatric open heart surgery and oncology.

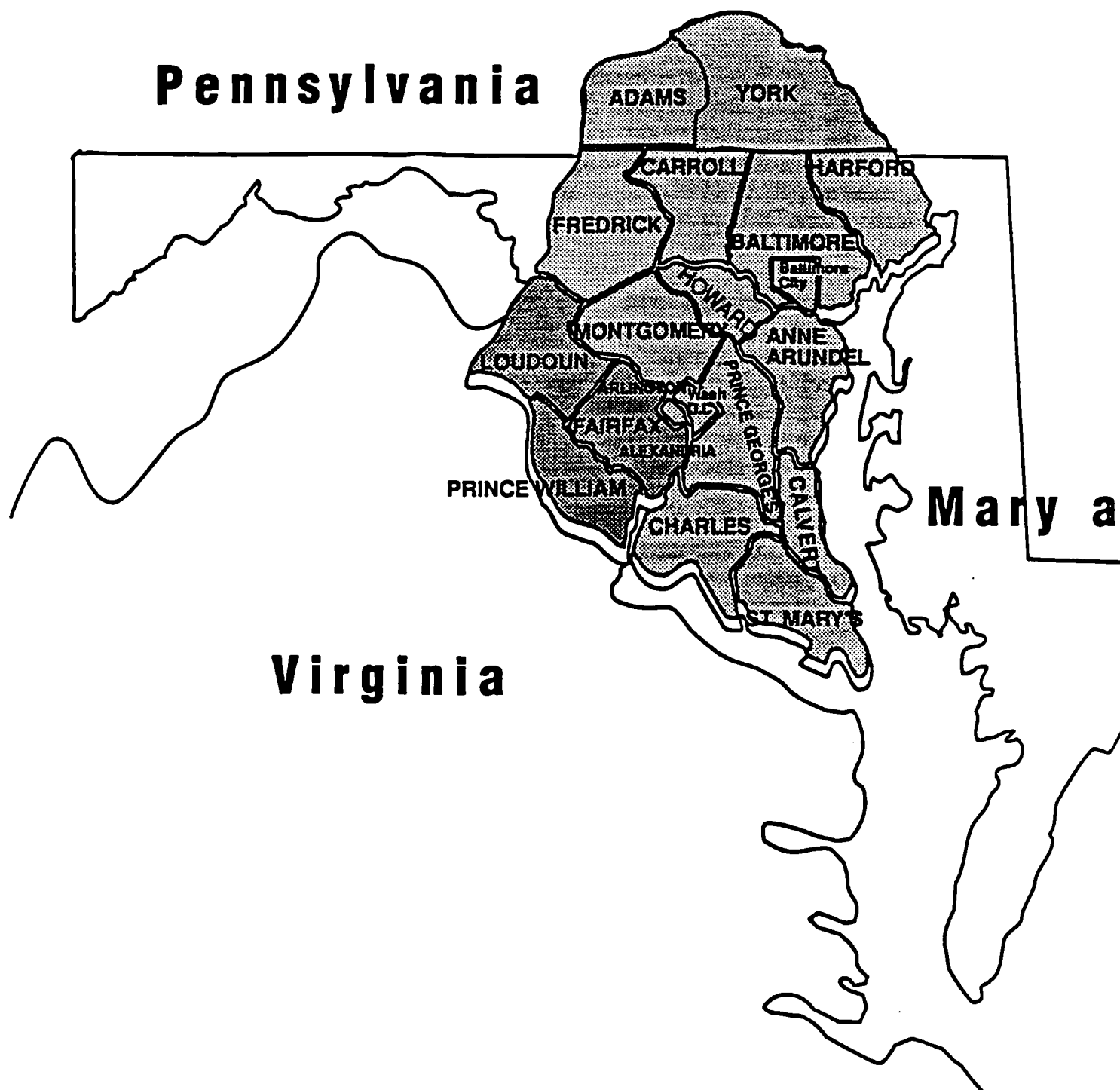
- Twenty eight dialysis centers and 11 home transfusion agencies have opened in the region. These sites transfuse patients with necessary red cells and platelets in a non-hospital setting.

- The internationally recognized University of Maryland Shock Trauma Center and Washington Hospital Center's Med Star continues to serve severely injured patients regionwide. It is not unusual for a single shock trauma patient to need 100 units of blood.

- The Red Cross hemapheresis department was opened to provide specialized platelet products for cancer patients at Johns Hopkins, Georgetown, and other area hospitals.

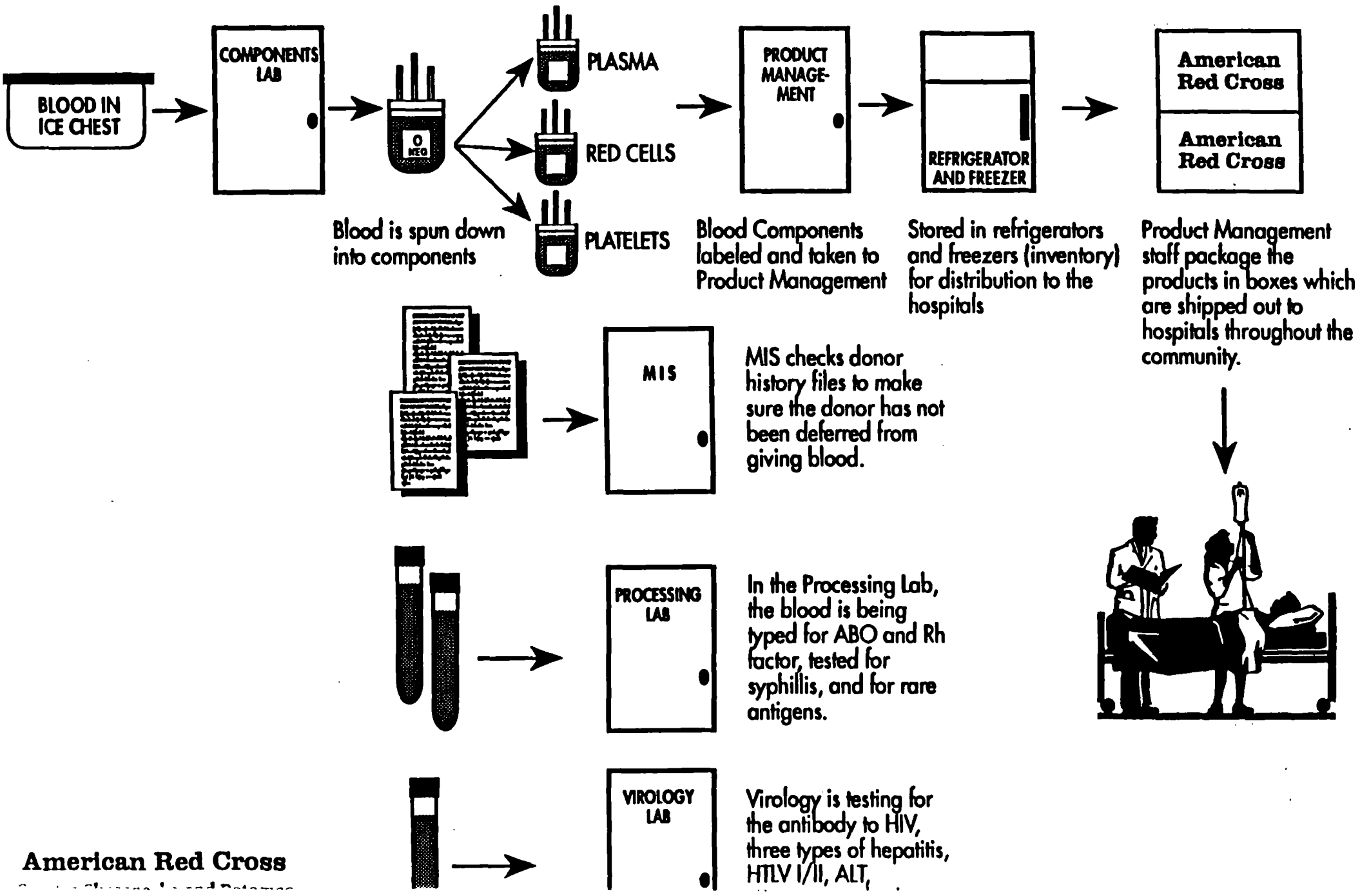
THE RED CROSS philosophy of service and responsibility to the community is at the heart of the blood program. Today, collection needs have risen to 1500 units of blood a day and there are patients in 80 hospitals who need blood and blood products. Only through the inspiring support of thousands of blood donors throughout the area will the Greater Chesapeake and Potomac Region Blood Services be able to meet the growing need for blood.

The Greater Chesapeake and Potomac Regional Blood Services



WHERE DOES THE BLOOD GO?

A Diagram of what happens to blood once it arrives at Central Maryland Red Cross



MOST FREQUENTLY ASKED QUESTIONS ABOUT DONATING BLOOD

Question

Answer

Does it hurt to donate?

When the needle is inserted the feeling is similar to a mild pinch. You might pinch the skin at your elbow joint to see how the needle will feel.

Will it make me sick or 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 procedure. Be sure to eat your regularly scheduled meals before donating.

Can I chicken out?

Yes, however we are counting on you to keep our area's blood supply at a safe level.

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 12 hours.

How much blood do I have to give?

A donation is approximately one unit. The average person has about 10-12 units.

How do I know if I can give blood?

Most people may donate if they are 17 years old and weigh more than 110 lbs., and are in good health. If you have any questions, please contact the Red Cross.

What if I have high or low blood pressure?

People whose blood pressure is in the normal range may donate. Blood pressure will be checked by the nurse prior to every donation.

Will I become anemic after donating?

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

If something is wrong with my blood, would I find out?

You would be notified confidentially if there are any problems found.

Why can't I give blood even though I had hepatitis a long time ago?

Even after a person has fully recovered from hepatitis, his or her blood can still transmit the disease. For this reason, a person with a past history of hepatitis may never donate.

How long does it take to donate?

Although the whole process, from start to finish, takes about 1 hour, the actual donation takes only about 6 to 7 minutes.

Can I eat before I donate?

You should **not** refrain from eating before giving blood.

Can I find out my blood type?

After donating blood an identification card bearing the blood type is sent to your home within about 8 weeks.

How often may blood be donated?

Every 56 days.

AIDS and the Blood Supply: The Facts



AIDS, ACQUIRED IMMUNE deficiency syndrome, is a disease characterized by a defect in the body's ability to fight off infection or illness.

AIDS CAN NOT BE spread by casual contact. It is primarily transmitted in one of three ways—by intimate sexual contact, by sharing needles during intravenous drug usage, and in some cases by a mother to her unborn child.

IT IS 100% IMPOSSIBLE to get AIDS from donating blood. Red Cross uses only pre-packaged, sterile disposable needles, and a separate blood bag for each donor. Both the needle and the bag are used only once and then thrown away forever. Red Cross disposes of all needles according to State and Federal regulations pertaining to biohazardous trash.

THE RED CROSS TESTS each unit of blood for antibodies to the AIDS virus. A positive test indicates that the person has been infected with the AIDS virus, but can not determine whether the person will develop AIDS. This test, in place at the Red Cross since the spring of 1985, has virtually eliminated the possibility of getting AIDS

through transfusions of blood.

TO FURTHER PROTECT the blood supply, Red Cross asks that members of the following groups, known to be at increased risk for aids, not donate blood.

- GAY OR BISEXUAL men who have been sexually active, even one time, since 1977.

- INTRAVENOUS drug users.

Blood Facts



DID YOU KNOW—

- The average adult's body contains about 10-12 pints of blood.

- A little over an hour is all it takes to share life and donate a pint of blood, including registration, health check and relaxation period—the actual donation time is less than 10 minutes.

- It takes your body approximately 24 hours to replace the fluid lost during the donation.

- Healthy persons ages 17 and older who weigh at least 110 pounds are eligible to give blood every 56 days.

- The Red Cross collects blood from volunteer donors only.

WHAT'S YOUR BLOOD TYPE? FIND OUT BY DONATING!

BLOOD GROUPS are inherited. In our population the following percentages are found for ABO and Rh blood groups:

O positive—38	B positive—9
O negative—8	B negative—2
A positive—32	AB positive—3
A negative—7	AB negative—1

MORE FACTS ABOUT BLOOD

- A unit of whole blood from a single donor can be separated into components and used to treat three or four patients.

- Whole blood has a shelf life of only 35 days while packed cells have a shelf life of 42 days.

- Platelets, which are a blood components, have a shelf life of only 5 days.

Donating blood is a safe and easy way to share life!

Eleven Most Common Excuses for *not* Giving Blood



AS YOU MAKE PERSONAL contact with your groups's potential donors, you may run into some creative excuses for not giving blood. So that you'll be ready with the factual answers, following are the answers to the eleven most common excuses for not giving blood:

NO ONE EVER ASKED ME TO DONATE BLOOD.

Consider yourself invited. Blood comes only from people. It can't be manufactured. Your gift could mean life for a sick child, an accident victim, or an elderly person facing surgery.

OTHER PEOPLE MUST BE GIVING BLOOD.

The need for blood and blood products is constantly increasing. The needs of patients must be met by more donors...people like you.

I'M AFRAID TO GIVE BLOOD.

Everyone feels that way the first time. You'll find out there's nothing to it.

I DON'T WANT TO GET AIDS.

It's impossible to get AIDS from donating blood. We use a disposable sterile needle and a separate blood bag for each donor. The needle and the bag are used only once.

I ALREADY GAVE THIS YEAR.

Healthy donors are eligible to give every 56 days.

I DON'T HAVE ANY TO SPARE.

The average adult has about 10 to 12 pints of blood. Doctors say that healthy people may give regularly. The blood donated is replaced within a few hours.

MY BLOOD ISN'T THE RIGHT TYPE.

Every type is the right type. All negative blood types are especially needed, as well as type O.

**THEY WON'T WANT MY BLOOD
BECAUSE OF AN ILLNESS I'VE HAD.**

If you have some doubts, check with your physician. However, the qualified medical staff at the bloodmobile will review your medical history before you make a donation.

I'M ANEMIC.

Everyone who donates gets a "mini-physical" which includes taking a blood sample before donating. Being deferred for this reason once may not prevent you from donating in the future.

I'M TOO BUSY.

The complete donation process takes about 1 hour. The actual donation time is 6-7 minutes. If you stop to think of all the good donating blood can do, we believe you might decide you aren't too busy after all.

**I DIDN'T REALIZE MY BLOOD
WAS NEEDED.**

It certainly is. In the Chesapeake Region, almost 800 pints of blood are needed by the community every day to meet the needs of the area's patients.

When Your Group Members Need Blood



HAVING ASSUMED the role of the coordinator of your blood program you find that, in addition to recruiting blood donors and coordinating activities on the blood drive itself, you may also be contacted by group members who need replacement of blood used by themselves, family members or friends. Some of you may be very familiar with the Red Cross policy on blood replacement and some may not know as much as you would like in order to respond to these requests.

FIRST, THE RED CROSS espouses the belief that blood is a community resource, available to patients in need regardless of their ability to replace or pay for it. The goal of the Chesapeake Region is to assist the community in providing and maintaining an adequate supply of safe blood through voluntary donations.

YOU PLAY A KEY role in achieving this goal by holding blood drives and recruiting donors.

"BLOOD REPLACEMENT" is necessary when the hospital in which the patient receives blood requires the blood recipient to provide donors to replace the blood used or pay a penalty fee. This fee is in addition to normal processing fees related to all blood transfusions everywhere. This penalty fee is almost never covered by insurance.

WHEN A GROUP member brings you a request for replacement of blood, you have several options to arrange for "credits" to be sent to satisfy any replacement requirements or fees.

Coordinators who have previously mailed "Credit Authorization" forms directly to hospitals need not continue this practice.

*For Replacement Assistance call:
1-800-235-5075*



ALL DONOR chairpersons receiving requests for replacements can:

1. Send completed "Credit Authorization" to the Red Cross to the attention of Blood Replacements. Along with other requests, they will be sent to hospitals requiring them.

OR

2. Call the Red Cross at 301/764-7000 ext. 619 and 202/728-6550 in the D.C. area, or your local Red Cross Chapter. A receptionist will take your information over the phone. You will need the patient's name, address, date of hospitalization and the number of units to be replaced. The hospital's name, city and state is also necessary. If the

total number of units used is not known, we can obtain this information from the hospital blood bank.

3. We will gladly send replacement requests out of our Region on behalf of our citizens. When a hospital is out of our Region, we send the request to the Red Cross Blood Region supplying the hospital, asking them to intercede on behalf of the patient.

Autologous Donations



IF YOU ARE PLANNING elective surgery, here's something you should know.

IF YOU ARE PLANNING to have surgery in the near future, you may need a blood transfusion to replace blood lost during surgery. The American Red Cross is dedicated to providing the safest possible blood for your medical care. The major source of available blood, the community blood supply, comes from carefully screened, healthy volunteer blood donors. However, you may be eligible to be your own blood donor.

YOUR BLOOD, also called autologous blood, can be collected by the American Red Cross for your surgery. Your own blood is the safest blood available because it is always compatible and eliminates any possibility of transfusion-related problems.

HOW CAN I RECEIVE AUTOLOGOUS BLOOD TRANSFUSION?

One way is to donate your own blood before your surgery. This is known as preoperative autologous donation. Units of your own blood can be collected by the Red Cross several weeks before your surgery and saved for transfusion during your surgery.

WHO MAY DONATE AUTOLOGOUS BLOOD BEFORE SURGERY?

In general, anyone who is able to undergo surgery, and who is not anemic, and who is otherwise healthy qualifies for preoperative autologous donation. Your physician, however, must determine if you should donate.

WHAT DOES PREOPERATIVE AUTOLOGOUS BLOOD DONATION INVOLVE?

Several weeks before your surgery, your physician will determine how many units of autologous blood you may need. Your physician will then notify the Red Cross to make arrangements for your donations at a convenient blood collection site. The procedure is similar to a routine blood donation, except that the blood you donate is reserved for your own use.

IS THERE ANOTHER WAY TO RECEIVE AUTOLOGOUS BLOOD?

You may also receive autologous blood if your physician requests intraoperative autologous transfusion during your surgery. Red Cross personnel use special equipment to collect, filter and wash the red blood cells you lose during surgery. Your red blood cells are then returned to you in the operating room or saved for transfusion after surgery.

WHO QUALIFIES FOR INTRAOPERATIVE AUTOLOGOUS TRANSFUSION?

Intraoperative autologous transfusion is often beneficial to many individuals who are planning to have selected cardiovascular, vascular, gynecological, and orthopedic surgery. Not all surgery, however, is suitable for this type of blood collection. Your physician will determine if you should have intraoperative autologous transfusion.

WILL I NEED ADDITIONAL BLOOD?

Whether or not you will need additional blood from the community blood supply depends

upon the type of surgery you are having. Your physician is the best person to answer this question. If you do need additional blood, you will still have the benefits and peace of mind that come from knowing that the American Red Cross is providing blood for your needs. For almost fifty years the Red Cross has combined experience and knowledge to supply the safest possible blood products.

I'M INTERESTED IN AUTOLOGOUS DONATION. WHAT DO I DO NEXT?

Ask your physician if pre-operative autologous donation or intraoperative autologous transfusion is possible for you. If so, your physician can make arrangements by contacting the American Red Cross. We'll take it from there. And you can be sure that you will be receiving the very best blood products possible.

FOR MORE information ask your Red Cross representative at 301/764-4626 in the Baltimore area or 202/728-6548 in the Washington, D.C. area.

Autologous Transfusion—Your Best Match

Hemapheresis Program



HEMAPHERESIS IS A special type of blood donation. Blood is made of different components, red cells, white cells, platelets and plasma. A whole blood donor gives a single pint of blood containing all of these components. In brief, pheresis means the withdrawal and collection of one component of the donor's blood, usually the platelets.

TO UNDERSTAND the Hemapheresis process let's first put it all in perspective. Who needs these blood products and why? What are some common questions asked about Hemapheresis. Lastly, what role can a Red Cross volunteer play.

MOST PEOPLE who need Hemapheresis products usually can't wait. Their need is immediate and can not be anticipated. A typical patient is someone suffering from cancer, leukemia or aplastic anemia. When being treated for these diseases, the patient may receive chemo-therapy or radiation therapy. Unfortunately, these cures and therapies not only

kill unhealthy cells, but they also destroy healthy cells. The bone marrow becomes damaged and can no longer produce new blood cells.

WHY SHOULD PEOPLE participate? Do you know anyone who has been a victim of cancer, leukemia or aplastic anemia? As the incidence of these type of diseases increase so does the need. Consequently, there is a tremendous need for platelet donors. The Red Cross Hemapheresis program is a community center which is unique. Our services are available to all area hospitals, unlike hospital area pheresis centers.

IN OUR PURSUIT to recruit interested donors we ask for help from our Red Cross Bloodmobile volunteers.

1. Please take the pamphlets out and put them on the canteen table.

2. If a donor has a question about the Hemapheresis program, please ask them to call the center where they may get further information.



1. HOW CAN I BECOME A HEMAPHERESIS DONOR?

INTERESTED PERSONS should fill out a return card found in the back of the Hemapheresis brochure or contact the Red Cross Hemapheresis Center.

2. HOW LONG WILL IT TAKE TO BE CONTACTED AFTER I'VE SENT IN MY RESPONSE CARD?

Potential donors should allow 1-2 months. After donating whole blood the donor's blood cell count drops and it takes time to replenish the lost cells.

3. HOW LONG DOES A HEMAPHERESIS DONATION TAKE?

A Hemapheresis donation takes about 1 hour and 45 minutes.

4. WHY DOES A HEMAPHERESIS DONATION TAKE ALMOST 2 HOURS?

Platelets account for only a small percent of a pint of blood. A donor's blood is processed one pint at a time and it takes 6-8 passes to process enough platelets for transfusion. What a donor loses during a donation takes 24-72 hours to replace.

5. HOW MANY TIMES CAN I DONATE A YEAR?

The average whole blood donor usually donates between 2 to 6 times a year, depending on their schedule. However, a Hemapheresis donor can donate up to 24 times.

6. WHAT AM I OBLIGATED TO DO AS A HEMAPHERESIS DONOR?

A donor must be willing to donate at the Red Cross main building and stay for at least 2 hours. Donations are by appointment only. Monday through Saturday. Donor scheduling is flexible with some minor restriction to time.

7. DO I HAVE TO STOP BEING A WHOLE BLOOD DONOR?

No, all we ask of the donor is to work along with our secretary to let her know when they donate.

8. WHAT SHOULD THE VOLUNTEER DO WITH THE COMPLETED HEMAPHERESIS RETURN CARD?

Give the completed Hemapheresis card to the Head Nurse (Team Supervisor).

FOR MORE information ask your Red Cross representative or call the Hemapheresis Center at 301/764-7000 ext. 623 in Baltimore or 202/728-6618 in Washington, D.C.

THE WHITE HOUSE

WASHINGTON

April 5, 1993

MEMORANDUM TO THE FIRST LADY'S OFFICE

FROM: DIANE G. LIMO *Diane*

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9:00 a.m. - 3:00 p.m. ~~10:00 a.m. - 3:00 p.m.~~

WHERE: Indian Treaty Room, OEOB, Room 474

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- o Sign up at my desk.
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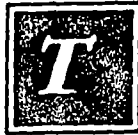
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Surgery	Must be evaluated by the Red Cross Health Historian. If a blood transfusion was received a one year deferral will occur.
Tattoo	A tattoo results in a 12 month deferral
Time Between Donations	56 days or 8 weeks.
Travel Outside the U.S. and Canada	May result in deferral. Contact information numbers above for questions about travel.
Transfusion	Transfusion with blood products will generally result in a one year deferral. Use of autologous (self donation) blood products requires no deferral.
Weight	The donor must weigh at least 110 pounds.

The Greater Chesapeake and Potomac Regional Blood Services



THE RED CROSS has been providing blood in the Central Maryland and Southern Pennsylvania community since 1938, and in the Washington, D.C. and Virginia area since 1946.

IN THE LAST DECADE, due to dramatic changes in the medical field, community demand for blood and blood components has grown tremendously. In 1976, the Chesapeake Region collected 96,000 units of blood. In 1986, collections had risen to 162,000 units, with 196,000 in Washington, D.C. In 1990 the Chesapeake and Potomac regions merged and set a total collection goal of 320,000 units.

SINCE 1980:

- Five Baltimore and six Washington, D.C. area hospitals have started open heart surgery programs, all requiring large amounts of blood products.
- Johns Hopkins began heart, heart-lung, bone marrow, and liver transplants. The average blood use for a liver transplant is 100 units, but 200 units is not uncommon.
- The University of Maryland opened a kidney transplant center, another major demand for blood products.
- The Washington Hospital Center has become nationally known for

its work with heart patients.

- National Children's Medical Center in Washington, D.C. began specializing in pediatric open heart surgery and oncology.

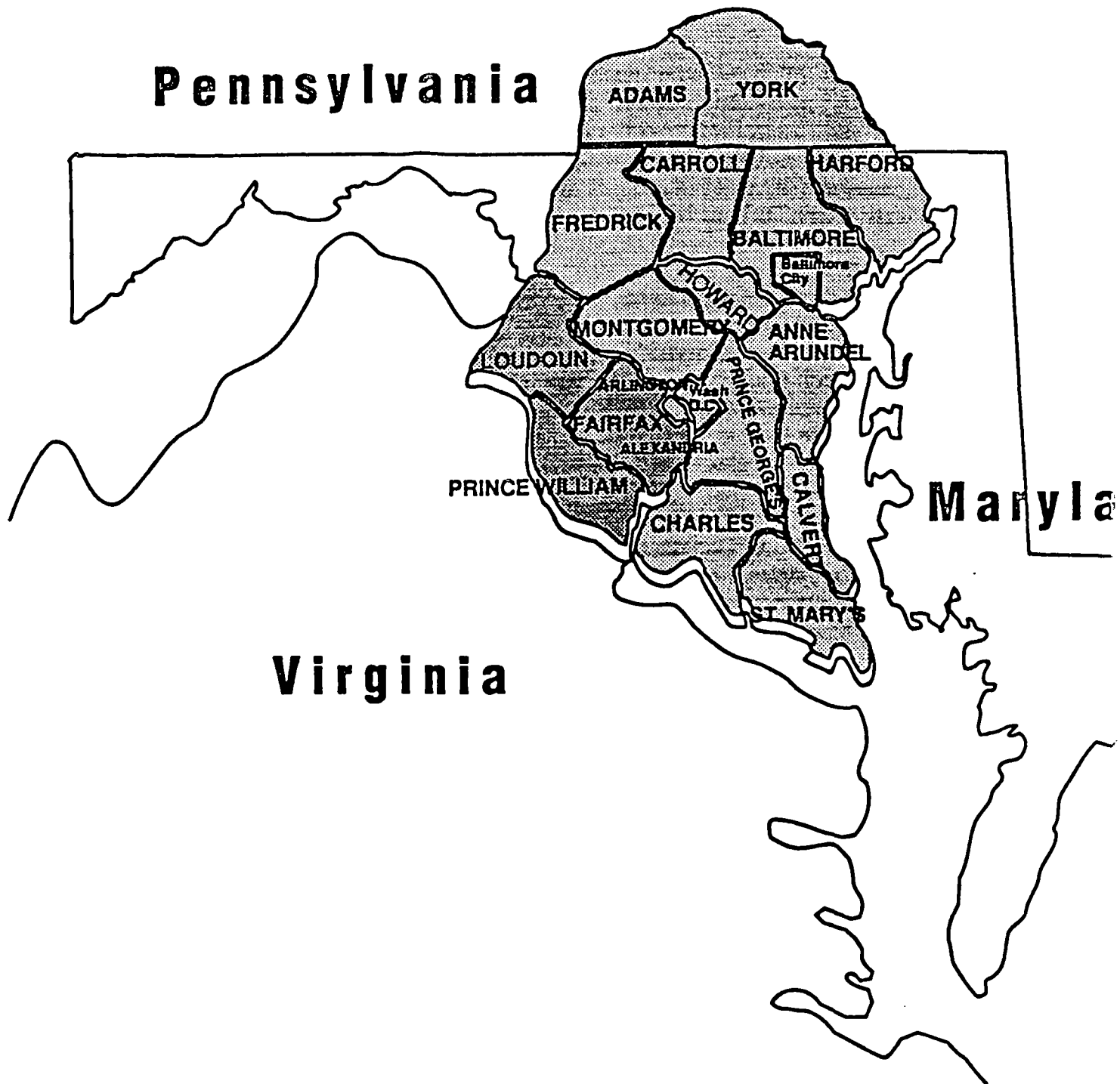
- Twenty eight dialysis centers and 11 home transfusion agencies have opened in the region. These sites transfuse patients with necessary red cells and platelets in a non-hospital setting.

- The internationally recognized University of Maryland Shock Trauma Center and Washington Hospital Center's Med Star continues to serve severely injured patients regionwide. It is not unusual for a single shock trauma patient to need 100 units of blood.

- The Red Cross hemapheresis department was opened to provide specialized platelet products for cancer patients at Johns Hopkins, Georgetown, and other area hospitals.

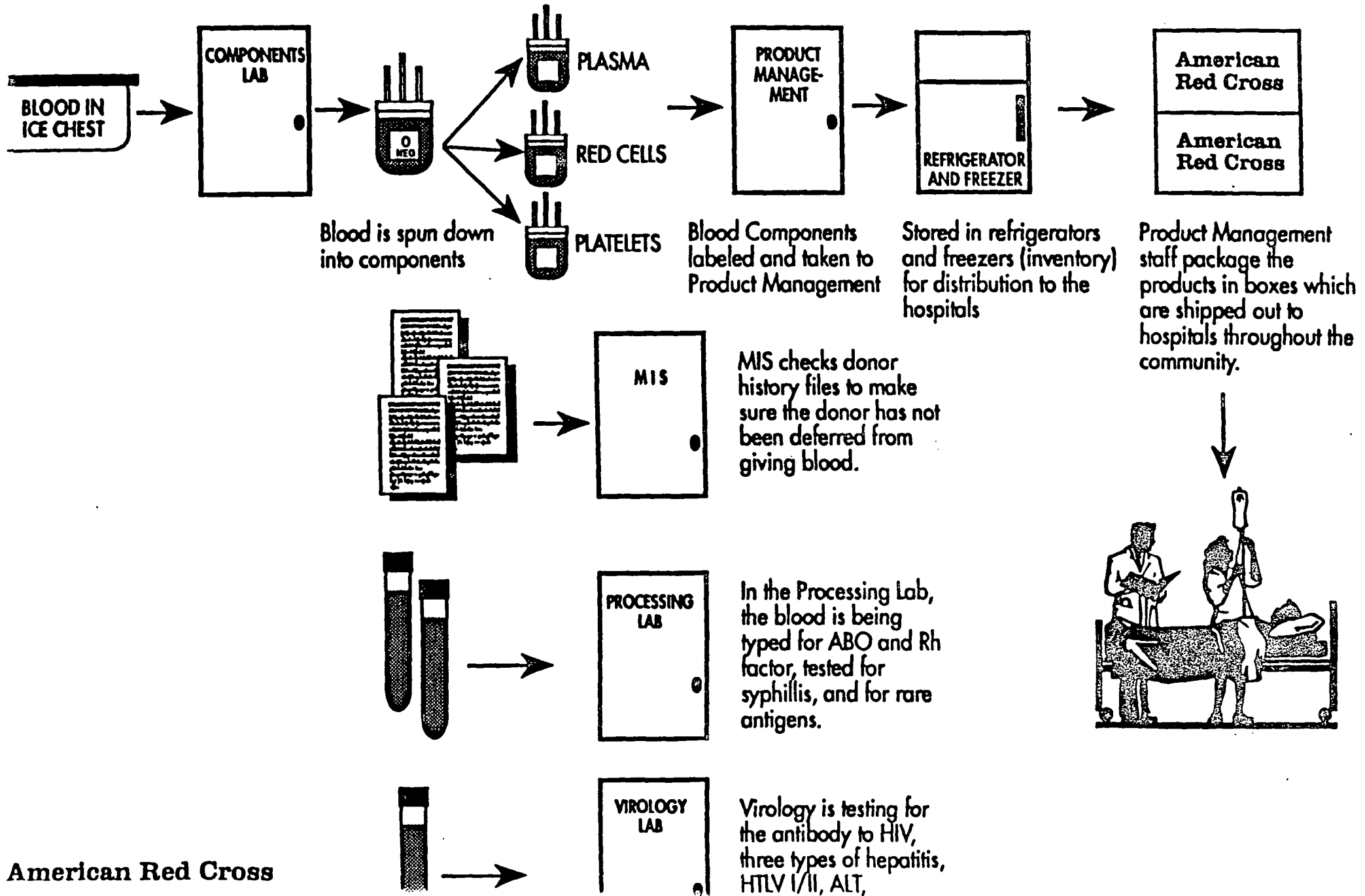
THE RED CROSS philosophy of service and responsibility to the community is at the heart of the blood program. Today, collection needs have risen to 1500 units of blood a day and there are patients in 80 hospitals who need blood and blood products. Only through the inspiring support of thousands of blood donors throughout the area will the Greater Chesapeake and Potomac Region Blood Services be able to meet the growing need for blood.

The Greater Chesapeake and Potomac Regional Blood Services



WHERE DOES THE BLOOD GO?

A Diagram of what happens to blood once it arrives at Central Maryland Red Cross



MOST FREQUENTLY ASKED QUESTIONS ABOUT DONATING BLOOD

Question

Answer

Does it hurt to donate?

When the needle is inserted the feeling is similar to a mild pinch. You might pinch the skin at your elbow joint to see how the needle will feel.

Will it make me sick or 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 procedure. Be sure to eat your regularly scheduled meals before donating.

Can I chicken out?

Yes, however we are counting on you to keep our area's blood supply at a safe level.

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 12 hours.

How much blood do I have to give?

A donation is approximately one unit. The average person has about 10-12 units.

How do I know if I can give blood?

Most people may donate if they are 17 years old and weigh more than 110 lbs., and are in good health. If you have any questions, please contact the Red Cross.

What if I have high or low blood pressure?

People whose blood pressure is in the normal range may donate. Blood pressure will be checked by the nurse prior to every donation.

Will I become anemic after donating?

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

If something is wrong with my blood, would I find out?

You would be notified confidentially if there are any problems found.

Why can't I give blood even though I had hepatitis a long time ago?

Even after a person has fully recovered from hepatitis, his/her blood can still transmit the disease. For this reason, a person with a past history of hepatitis may never donate.

How long does it take to donate?

Although the whole process, from start to finish, takes about 1 hour, the actual donation takes only about 6 to 7 minutes.

Can I eat before I donate?

You should **not** refrain from eating before giving blood.

Can I find out my blood type?

After donating blood an identification card bearing the blood type is sent to your home within about 8 weeks.

How often may blood be donated?

Every 56 days.

AIDS and the Blood Supply: The Facts



AIDS, ACQUIRED IMMUNE deficiency syndrome, is a disease characterized by a defect in the body's ability to fight off infection or illness.

AIDS CAN NOT BE spread by casual contact. It is primarily transmitted in one of three ways—by intimate sexual contact, by sharing needles during intravenous drug usage, and in some cases by a mother to her unborn child.

IT IS 100% IMPOSSIBLE to get AIDS from donating blood. Red Cross uses only pre-packaged, sterile disposable needles, and a separate blood bag for each donor. Both the needle and the bag are used only once and then thrown away forever. Red Cross disposes of all needles according to State and Federal regulations pertaining to biohazardous trash.

THE RED CROSS TESTS each unit of blood for antibodies to the AIDS virus. A positive test indicates that the person has been infected with the AIDS virus, but can not determine whether the person will develop AIDS. This test, in place at the Red Cross since the spring of 1985, has virtually eliminated the possibility of getting AIDS

through transfusions of blood.

TO FURTHER PROTECT the blood supply, Red Cross asks that members of the following groups, known to be at increased risk for aids, not donate blood.

- GAY OR BISEXUAL men who have been sexually active, even one time, since 1977.
- INTRAVENOUS drug users.

Blood Facts



DO YOU KNOW—

- The average adult's body contains about 10-12 pints of blood.

- A little over an hour is all it takes to share life and donate a pint of blood, including registration, health check and relaxation period—the actual donation time is less than 10 minutes.

- It takes your body approximately 24 hours to replace the fluid lost during the donation.

- Healthy persons ages 17 and older who weigh at least 110 pounds are eligible to give blood every 56 days.

- The Red Cross collects blood from volunteer donors only.

**WHAT'S YOUR BLOOD TYPE?
FIND OUT BY DONATING!**

BLOOD GROUPS are inherited. In our population the following percentages are found for ABO and Rh blood groups:

O positive—38	B positive—9
O negative—8	B negative—2
A positive—32	AB positive—3
A negative—7	AB negative—1

MORE FACTS ABOUT BLOOD

- A unit of whole blood from a single donor can be separated into components and used to treat three or four patients.

- Whole blood has a shelf life of only 35 days while packed cells have a shelf life of 42 days.

- Platelets, which are a blood components, have a shelf life of only 5 days.

Donating blood is a safe and easy way to share life!

Eleven Most Common Excuses for *not* Giving Blood



AS YOU MAKE PERSONAL contact with your groups's potential donors, you may run into some creative excuses for not giving blood. So that you'll be ready with the factual answers, following are the answers to the eleven most common excuses for not giving blood:

NO ONE EVER ASKED ME TO DONATE BLOOD.

Consider yourself invited. Blood comes only from people. It can't be manufactured. Your gift could mean life for a sick child, an accident victim, or an elderly person facing surgery.

OTHER PEOPLE MUST BE GIVING BLOOD.

The need for blood and blood products is constantly increasing. The needs of patients must be met by more donors...people like you.

I'M AFRAID TO GIVE BLOOD.

Everyone feels that way the first time. You'll find out there's nothing to it.

I DON'T WANT TO GET AIDS.

It's impossible to get AIDS from donating blood. We use a disposable sterile needle and a separate blood bag for each donor. The needle and the bag are used only once.

I ALREADY GAVE THIS YEAR.

Healthy donors are eligible to give every 56 days.

I DON'T HAVE ANY TO SPARE.

The average adult has about 10 to 12 pints of blood. Doctors say that healthy people may give regularly. The blood donated is replaced within a few hours.

MY BLOOD ISN'T THE RIGHT TYPE.

Every type is the right type. All negative blood types are especially needed, as well as type O.

**THEY WON'T WANT MY BLOOD
BECAUSE OF AN ILLNESS I'VE HAD.**

If you have some doubts, check with your physician. However, the qualified medical staff at the bloodmobile will review your medical history before you make a donation.

I'M ANEMIC.

Everyone who donates gets a "mini-physical" which includes taking a blood sample before donating. Being deferred for this reason once may not prevent you from donating in the future.

I'M TOO BUSY.

The complete donation process takes about 1 hour. The actual donation time is 6-7 minutes. If you stop to think of all the good donating blood can do, we believe you might decide you aren't too busy after all.

**I DIDN'T REALIZE MY BLOOD
WAS NEEDED.**

It certainly is. In the Chesapeake Region, almost 800 pints of blood are needed by the community every day to meet the needs of the area's patients.

When Your Group Members Need Blood



HAVING ASSUMED the role of the coordinator of your blood program you find that, in addition to recruiting blood donors and coordinating activities on the blood drive itself, you may also be contacted by group members who need replacement of blood used by themselves, family members or friends. Some of you may be very familiar with the Red Cross policy on blood replacement and some may not know as much as you would like in order to respond to these requests.

FIRST, THE RED CROSS espouses the belief that blood is a community resource, available to patients in need regardless of their ability to replace or pay for it. The goal of the Chesapeake Region is to assist the community in providing and maintaining an adequate supply of safe blood through voluntary donations.

YOU PLAY A KEY role in achieving this goal by holding blood drives and recruiting donors.

"BLOOD REPLACEMENT" is necessary when the hospital in which the patient receives blood requires the blood recipient to provide donors to replace the blood used or pay a penalty fee. This fee is in addition to normal processing fees related to all blood transfusions everywhere. This penalty fee is almost never covered by insurance.

WHEN A GROUP member brings you a request for replacement of blood, you have several options to arrange for "credits" to be sent to satisfy any replacement requirements or fees.

Coordinators who have previously mailed "Credit Authorization" forms directly to hospitals need not continue this practice.

*For Replacement Assistance call:
1-800-235-5075*



ALL DONOR chairpersons receiving requests for replacements can:

1. Send completed "Credit Authorization" to the Red Cross to the attention of Blood Replacements. Along with other requests, they will be sent to hospitals requiring them.

OR

2. Call the Red Cross at 301/764-7000 ext. 619 and 202/728-6550 in the D.C. area, or your local Red Cross Chapter. A receptionist will take your information over the phone. You will need the patient's name, address, date of hospitalization and the number of units to be replaced. The hospital's name, city and state is also necessary. If the

total number of units used is not known, we can obtain this information from the hospital blood bank.

3. We will gladly send replacement requests out of our Region on behalf of our citizens. When a hospital is out of our Region, we send the request to the Red Cross Blood Region supplying the hospital, asking them to intercede on behalf of the patient.

Autologous Donations



IF YOU ARE PLANNING elective surgery, here's something you should know.

IF YOU ARE PLANNING to have surgery in the near future, you may need a blood transfusion to replace blood lost during surgery. The American Red Cross is dedicated to providing the safest possible blood for your medical care. The major source of available blood, the community blood supply, comes from carefully screened, healthy volunteer blood donors. However, you may be eligible to be your own blood donor.

YOUR BLOOD, also called autologous blood, can be collected by the American Red Cross for your surgery. Your own blood is the safest blood available because it is always compatible and eliminates any possibility of transfusion-related problems.

HOW CAN I RECEIVE AUTOLOGOUS BLOOD TRANSFUSION?

One way is to donate your own blood before your surgery. This is known as preoperative autologous donation. Units of your own blood can be collected by the Red Cross several weeks before your surgery and saved for transfusion during your surgery.

WHO MAY DONATE AUTOLOGOUS BLOOD BEFORE SURGERY?

In general, anyone who is able to undergo surgery, and who is not anemic, and who is otherwise healthy qualifies for preoperative autologous donation. Your physician, however, must determine if you should donate.

WHAT DOES PREOPERATIVE AUTOLOGOUS BLOOD DONATION INVOLVE?

Several weeks before your surgery, your physician will determine how many units of autologous blood you may need. Your physician will then notify the Red Cross to make arrangements for your donations at a convenient blood collection site. The procedure is similar to a routine blood donation, except that the blood you donate is reserved for your own use.

IS THERE ANOTHER WAY TO RECEIVE AUTOLOGOUS BLOOD?

You may also receive autologous blood if your physician requests intraoperative autologous transfusion during your surgery. Red Cross personnel use special equipment to collect, filter and wash the red blood cells you lose during surgery. Your red blood cells are then returned to you in the operating room or saved for transfusion after surgery.

WHO QUALIFIES FOR INTRAOPERATIVE AUTOLOGOUS TRANSFUSION?

Intraoperative autologous transfusion is often beneficial to many individuals who are planning to have selected cardiovascular, vascular, gynecological, and orthopedic surgery. Not all surgery, however, is suitable for this type of blood collection. Your physician will determine if you should have intraoperative autologous transfusion.

WILL I NEED ADDITIONAL BLOOD?

Whether or not you will need additional blood from the community blood supply depends

upon the type of surgery you are having. Your physician is the best person to answer this question. If you do need additional blood, you will still have the benefits and peace of mind that come from knowing that the American Red Cross is providing blood for your needs. For almost fifty years the Red Cross has combined experience and knowledge to supply the safest possible blood products.

I'M INTERESTED IN AUTOLOGOUS DONATION. WHAT DO I DO NEXT?

Ask your physician if pre-operative autologous donation or intraoperative autologous transfusion is possible for you. If so, your physician can make arrangements by contacting the American Red Cross. We'll take it from there. And you can be sure that you will be receiving the very best blood products possible.

FOR MORE information ask your Red Cross representative at 301/764-4626 in the Baltimore area or 202/728-6548 in the Washington, D.C. area.

Autologous Transfusion—Your Best Match

Hemapheresis Program



EMAPHERESIS IS A special type of blood donation. Blood is made of different components, red cells, white cells, platelets and plasma. A whole blood donor gives a single pint of blood containing all of these components. In brief, pheresis means the withdrawal and collection of one component of the donor's blood, usually the platelets.

TO UNDERSTAND the Hemapheresis process let's first put it all in perspective. Who needs these blood products and why? What are some common questions asked about Hemapheresis. Lastly, what role can a Red Cross volunteer play.

MOST PEOPLE who need Hemapheresis products usually can't wait. Their need is immediate and can not be anticipated. A typical patient is someone suffering from cancer, leukemia or aplastic anemia. When being treated for these diseases, the patient may receive chemo-therapy or radiation therapy. Unfortunately, these cures and therapies not only

kill unhealthy cells, but they also destroy healthy cells. The bone marrow becomes damaged and can no longer produce new blood cells.

WHY SHOULD PEOPLE participate? Do you know anyone who has been a victim of cancer, leukemia or aplastic anemia? As the incidence of these type of diseases increase so does the need. Consequently, there is a tremendous need for platelet donors. The Red Cross Hemapheresis program is a community center which is unique. Our services are available to all area hospitals, unlike hospital area pheresis centers.

IN OUR PURSUIT to recruit interested donors we ask for help from our Red Cross Bloodmobile volunteers.

1. Please take the pamphlets out and put them on the canteen table.

2. If a donor has a question about the Hemapheresis program, please ask them to call the center where they may get further information.



HOW CAN I BECOME A HEMAPHERESIS DONOR?

INTERESTED PERSONS should fill out a return card found in the back of the Hemapheresis brochure or contact the Red Cross Hemapheresis Center.

2. HOW LONG WILL IT TAKE TO BE CONTACTED AFTER I'VE SENT IN MY RESPONSE CARD?

Potential donors should allow 1-2 months. After donating whole blood the donor's blood cell count drops and it takes time to replenish the lost cells.

3. HOW LONG DOES A HEMAPHERESIS DONATION TAKE?

A Hemapheresis donation takes about 1 hour and 45 minutes.

4. WHY DOES A HEMA- PHERESIS DONATION TAKE ALMOST 2 HOURS?

Platelets account for only a small percent of a pint of blood. A donor's blood is processed one pint at a time and it takes 6-8 passes to process enough platelets for transfusion. What a donor loses during a donation takes 24-72 hours to replace.

5. HOW MANY TIMES CAN I DONATE A YEAR?

The average whole blood donor usually donates between 2 to 6 times a year, depending on their schedule. However, a Hemapheresis donor can donate up to 24 times.

6. WHAT AM I OBLIGATED TO DO AS A HEMAPHERESIS DONOR?

A donor must be willing to donate at the Red Cross main building and stay for at least 2 hours. Donations are by appointment only. Monday through Saturday. Donor scheduling is flexible with some minor restriction to time.

7. DO I HAVE TO STOP BEING A WHOLE BLOOD DONOR?

No, all we ask of the donor is to work along with our secretary to let her know when they donate.

8. WHAT SHOULD THE VOLUN- TEER DO WITH THE COMPLETED HEMAPHERESIS RETURN CARD?

Give the completed Hemapheresis card to the Head Nurse (Team Supervisor).

**FOR MORE information ask
your Red Cross representative
or call the Hemapheresis
Center at 301/764-7000 ext.
623 in Baltimore or 202/728-
6618 in Washington, D.C.**