

American Red Cross Blood Services
180 Rustcraft Road, Suite 115
Dedham, MA 02026
(781) 461-2000

TIPS FOR NEW BLOOD DONORS

If a person has never given blood before, there are several things he or she can do to make this simple process even easier.

- Get a good night's sleep the night before your donation.
- Eat a good breakfast or lunch.
- Drink plenty of liquids like milk, juice or soda ahead of time.
- After donating, go about your normal daily activities, just avoid any heavy lifting or strenuous exercise.

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180 Rustcraft Road, Suite 115,
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(781) 461-2000 or
toll free 1-800-GIVE-LIFE

Website

www.newenglandblood.org

Corporate Communications
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WHERE TO DONATE

There are many opportunities to give blood in eastern Massachusetts. The American Red Cross has donor centers in the following cities:

Boston

Braintree

Dedham

Methuen

Middleboro

Peabody

The Red Cross also has blood drives hosted by businesses, schools, churches and community groups throughout the area.

Give us a call at (781) 461-2000 or toll free at 1-800-GIVE-LIFE to find a blood drive near you.

You can also visit our website at www.newenglandblood.org/mass/schedule.htm for a complete list of donor centers and blood drives.

You've Got A Lot OF Life To Give!



Share it with someone
who needs you.

Fact: There is no longer an upper age limit for giving blood.

Fact: Most medications and health conditions do NOT prohibit someone from being a blood donor.

Fact: YOU can help save a life.



American Red Cross
Blood Services
New England Region

THE NEED IS GREAT

- n A premature baby needs extensive blood testing to monitor his status as his life hangs in the balance.
- n A woman who has been tired for weeks has just discovered she has leukemia.
- n Two teenagers battle for life after the car they were driving is sideswiped by a drunk driver.

Think there's nothing you can do to help?
Think again.

All of these individuals, and thousands of others right here in New England, are going to need blood transfusions. Their hope for survival will depend just as much on the blood given by people in their communities as it does on the most modern medical treatment.

But there's a problem. The blood supply in the United States is facing a crisis. The need for blood is increasing dramatically as the population ages. And blood donations are down for a number of reasons, including donor apathy, misconceptions about the need and availability of blood, the false idea that blood is needed most during large scale disasters and additional restrictions placed on donors by the FDA to increase safety.

YOUR HELP IS NEEDED NOW, MORE THAN EVER BEFORE!

Please consider becoming a Red Cross blood donor. Following are the Top Ten reasons why seniors make great volunteer blood donors:

10. There is no longer an upper age limit to give blood.
9. Seniors built this country and know the value of neighbors helping neighbors.
8. It's a chance to do a great thing for someone and be able to socialize at the same time.
7. Typically, our donor centers and blood drives have a lull during mid-afternoon when many donors are working. You can take advantage of our "express" hours.
6. Transportation to Red Cross blood drives is available – just ask us!
5. Becoming a blood donor sets a good example for others.
4. We sometimes have special events at our blood centers geared for seniors.
3. There are volunteer opportunities available. Becoming a donor is a great way to learn about the Red Cross.
2. Seniors are less likely to be deferred from donating blood than other groups.
1. Patients need your help.

BASIC ELIGIBILITY REQUIREMENTS

Most healthy adults can give blood through the American Red Cross. You meet the basic eligibility requirements if you:

- are at least 17 years old
- weigh at least 110 pounds
- are in good health on the day of donation
- have no history of exposure to hepatitis or AIDS
- your last blood donation was at least 56 days (8 weeks) ago

Being on most medications does not prevent an otherwise healthy person from giving blood, especially if he or she has been on them for some time. Most medical conditions are also okay.

Some notable exceptions would be:
A history of cancer, jaundice after age 11, angina, a cold or flu with symptoms present or hepatitis.

If you're in doubt about whether or not you can give blood, call us at (781) 461-2000 or 1-800-GIVE-LIFE.

