

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.

American Red Cross Blood Center
3500 Main Street
Springfield, MA 01107-1117
(413) 785-0901
1-800-462-2229

Website

www.newenglandblood.org

Corporate Communications
12/2002

American Red Cross Blood Center
3500 Main Street
Springfield, MA 01107-1117
(413) 785-0901 or 1-800-462-2229

BLOOD CENTER HOURS

Tuesday and Thursday:
12:30 p.m. to 7:30 p.m.
1st Saturday of every month:
8:00 a.m. to 3:00 p.m.
Walk in during regular hours,
or call ahead for an appointment.

Directions to the Springfield Blood Center

Rt. 91 Southbound: Take Rt. 91 South to exit 11 (Bernie Ave, W. Springfield). Bear right immediately off the exit (Bernie Ave, Brightwood). Travel on Bernie Ave. to stop sign at the end of Bernie Ave. Turn right and take an immediate left into the Red Cross.

Rt. 91 Northbound: Take Rt. 91 North to exit 10 (Main St.). Bear left off the exit to the stop sign. Take a left onto Main St. Proceed straight through the first set of lights. Bay State Health Systems is on the left. The Red Cross is on the right, just after Wason Ave.

Mass Pike (East or West): Take Mass Pike heading west to exit 6 (Springfield). Go left off exit onto Rt. 291. Follow Rt. 291 to Rt. 91 North (W. Springfield). Take Rt. 91 North to exit 10 (Main St.). Bear left off the exit onto Main St. Proceed straight through the first set of lights. Bay State Health Systems is on the left. The Red Cross is on the right, just after Wason Ave.

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 blood center has a lull during mid-afternoon when many donors are working. You can take advantage of our "express" hours.
6. Transportation to the center 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 center 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 (413) 785-0901 or 1-800-462-2229.

