



Dear EPO/Red Cross Blood Donor Volunteer:

Rossmoor Emergency Preparedness Organization (EPO) thanks you for your vital willingness to donate blood at our Northern Red Cross Blood/Rossmoor EPO quarterly blood drive here in Rossmoor.

Red Cross follows the most stringent disinfection and “best practices” safety protocols ensuring you, staff and volunteers are safe: infection control is their highest priority.

Your one donation will help up to three people in real need across our nation. Over a lifetime, you can provide life-giving blood to over 1,000 people! On any given day in America, only 4 in 10 Americans are eligible to give blood — your donation makes a real life-saving difference!

**We have some tips below to help your blood donation experience with us be more productive and positive:**

- All donors must have a reservation to donate: no “walk-ins” will be permitted. Please **do not arrive any more than ten minutes** before your scheduled donor appointment.
- If you register and **cannot donate on the day when scheduled**, please text Colene Trinterud [(707) 272-0442] when you know so she can find another volunteer donor. If you are feeling sick in any way, text Colene to let her know you will not be coming for your scheduled donation. “No-shows” rob us of much-needed blood drive donation spots.
- To save your valuable time and that of our dedicated Red Cross staff and EPO volunteers, please download the Red Cross Blood Donor app (App Store or Google Play) or text “BLOODAPP” to 90999. Sign up to make or review appointments, view your blood type, see results of your mini-physical and track your donations. Instead of your local zip code, write in “Rossmoor” as your zip code to make an appointment to donate.
- On the actual day of your scheduled donation (do not fill out the questionnaire ahead of your donation day), fill out the health questionnaire on Red Cross’s Blood Donor app under the **RapidPass** link containing a current Donor History Questionnaire. Filling this out completely the **day of your donation** saves you and Red Cross staff much valuable time. Otherwise, staff will have to spend an extra 45 minutes completing in person a personal health history when you arrive to donate. Rather than 60 minutes, your actual donation time will be less than ten minutes with overall donating time around a half hour!

- Bring your Red Cross donor card or a government-issued photo ID with you as well as a list of all your meds (prescriptions and over-the-counter). Please bring two forms of identification.
- If you have signed up to donate Power Red, email Colene Trinterud ([trint@att.net](mailto:trint@att.net)) or call her [(707) 272-0442] to be certain you qualify. A machine separates your blood and returns the unneeded blood products back into your body: Power Red donations take 1.5 to 2 hours while whole blood donations take about ten minutes.
- Get 8 hours of sleep the night before your blood donation.
- Bring a coat, sweater, blanket or wrap: the donation room has to be kept quite chilly.
- Wear a cloth face mask at all times inside the donation room. No exhalation-valve or vented face masks are allowed whatsoever by volunteers, employees or donors. Covid can be exhaled as droplets and particles when you breathe out through the valve or vent contaminating other people if you are infected. And these masks may actually dangerously propel particles further out in distance than cloth face masks.
- Wear a short-sleeve or loose-sleeve shirt with sleeves that roll up easily to your upper arm.
- Bring water or other hydrating liquid (e.g., fruit juices high in vitamin C) with you to the donation center: drink several glasses at least two hours before you arrive and increase your water and fluid intake for 24 to 48 hours following your donation. Half of our blood volume is water which needs to be replaced and staying hydrated helps ensure your blood pressure will not drop during or after donating. Well-hydrated donors have increased blood volume so veins are easier to find. And dehydrated donors are much more likely to fall victim to fainting and dizziness following a donation.
- Do not donate on an empty stomach: eat a healthy breakfast or lunch before donating. This helps stabilize your blood pressure. Avoid fatty foods prior to donating: saturated fats raise blood lipids which means your donation cannot be tested for infectious diseases and therefore must be tossed. Each donation is subjected to twelve screening tests before being accepted. Eat a meal rich in lean protein and complex carbohydrates and avoid high-fat foods like french fries, doughnuts and ice cream.
- Avoid alcohol 24 hours before donating blood. Do not donate if you are under the influence of recreational drugs.
- When you arrive at the donation center, Red Cross will perform a required pre-donation screening: your pulse, temperature, blood pressure, hemoglobin and hematocrit levels will be checked.
- After donating, you will be moved to the donation center recovery area to be monitored: bring reading matter or devices if you wish.
- If your donation site bruises, use cold compresses intermittently for 24 hours followed by warm compresses off and on for another 24 hours.
- If your donation site seeps blood, apply pressure and raise your arm above your head for five minutes to stop the bleeding.
- Eat iron-rich foods after donating: e.g., red meat, spinach, fortified cereals. Eat vitamin C-rich foods after donating: e.g., citrus, bell peppers, tomatoes. And eat B-vitamin-rich

foods after donating: e.g., leafy greens, dairy products, liver, potatoes, bananas, fortified breakfast cereals and orange juice.

- Following your donation, fatigue is common so avoid strenuous exercise or heavy activity the day of your blood donation for at least five hours. The loss of red blood cells means less oxygen is circulating in your body making a rise in heart rate more likely.
- Avoid alcohol for 24 to 36 hours following your donation: donating blood lowers blood volume while raising blood pressure making it easier to become alcohol-impaired shortly after donating. Avoiding alcohol also helps stabilize blood sugar and fluid levels making your recovery go more smoothly and quickly.
- If you have recovered from Covid-19, your plasma (liquid portion of human blood) may carry antibodies to help others recover from this deadly virus: your donated blood will be utilized as “convalescent plasma therapy” to help save the lives of coronavirus victims. All blood donations will be tested for Covid antibodies and you will be informed of your test results within one to two weeks.

The world has come a long way since William Harvey’s 1628 discovery of human blood circulation. The first blood bank in America (Chicago’s Cook County Hospital) was established in 1937.

Donating blood right now is one of the safest ways to get involved in helping America respond to Covid-19. And your donation contributes directly to the public health and well-being of our nation and community. We need 13,000 daily blood donations nationwide to minimally meet our blood product needs during this pandemic. You make a real difference!

Thank you for donating and tell your Rossmoor friends and neighbors that EPO and Red Cross are partnering to ensure EPO holds a blood donation event every quarter here in Rossmoor. Encourage them to register to donate! You rock! EPO and Red Cross considers you a hero!

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