



Blood Donor Educational Materials **MAKING YOUR BLOOD DONATION SAFE**

PLEASE READ THIS INFORMATION BEFORE YOU DONATE!

We know that you want to help make the donation process safe for yourself, our staff and the patients that might receive your blood. In order for this to happen, we must assess any risks that could affect you or a patient receiving a transfusion. It is essential that you answer each question honestly, completely and accurately. If you do not understand a question or have any questions about the process, ask a blood center staff. All information you provide and/or discuss is confidential.

To determine if you are eligible to donate we will:

- Ask about your health and travel
- Ask about medicines you are taking or have taken
- Ask about your risk for infections
- Take your blood pressure, temperature and pulse
- Take a blood sample to evaluate your red blood cells

If you are eligible to donate, we will:

- Clean your arm with an antiseptic. Please tell us if you have any skin allergies.
- Use a new, sterile, disposable needle to collect your blood

Donor Eligibility – Specific Information

- You must be at least 18 years of age, or if younger, have a valid UCLA Blood & Platelet Center parental consent signed by a parent or legal guardian.
- We will ask specific questions about sexual contact because certain diseases, such as AIDS and hepatitis, can be spread through sexual contact and enter your bloodstream.
- You cannot have a history of Ebola virus disease or infection.

What we mean by “sexual contact”

The words “sexual contact” and “sex” are used in some of the questions we will ask you, and apply to any of the activities below, whether or not a condom or other protection was used:

- Vaginal sex (contact between penis and vagina)
- Oral sex (mouth or tongue on someone’s vagina, penis or anus)
- Anal sex (contact between penis and anus)

HIV/AIDS Risk Behaviors

HIV is the virus that causes AIDS. It is spread mainly by sexual contact with an infected person OR by sharing needles or syringes used by an infected person for injecting drugs.

DO NOT donate if you have any of the following signs or symptoms of HIV/AIDS:

- Unexplained weight loss or night sweats
- White spots or unusual sores in your mouth
- Blue or purple spots in your mouth or skin
- Cough that won’t go away or shortness of breath
- Diarrhea that won’t go away
- Swollen lymph nodes for more than one month
- Fever of more than 100.4°F for more than 10 days

Your blood can transmit infections, including HIV/AIDS, even if you feel well and all your tests are normal. This is because even the best tests cannot detect the virus for a period of time after you are infected.

If you think you may be at risk for HIV/AIDS or any other infection, **DO NOT** donate simply to get tested. If asked, we can provide you with information on testing programs outside the blood center.



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DO NOT donate if you:

- Have AIDS or have ever had a positive HIV test
- Have EVER used needles to take any drugs not prescribed by your doctor
- Are a male who has had sexual contact with another male, IN THE PAST 12 MONTHS
- Have EVER taken money, drugs or other payment for sex
- Have had sexual contact IN THE PAST 12 MONTHS with anyone described above
- Have had syphilis or gonorrhea IN THE PAST 12 MONTHS
- Have been in juvenile detention, lockup, jail or prison for more than 72 consecutive hours IN THE PAST 12 MONTHS

Travel to or Residency in Other Countries

Blood donor tests may not be available for some infections that are found only in certain countries. If you were born in, have lived in, or visited certain countries, you may not be eligible to donate.

What happens after your donation?

To protect patients, your blood is tested for several types of hepatitis, HIV, syphilis and other infections that may be transmitted by blood. The blood center may also perform tests necessary to process your donation, including a screening test for sickle cell trait. If your blood tests positive it will not be given to a patient. You will be notified about any positive test result that may disqualify you from donating in the future. The blood center will not release your test results without your written permission unless required by law (e.g. to the Health Department).

There are times when your blood is not tested. If this occurs, you may not receive any notification and your blood will not be used for transfusion.

UCLA offers a confidential HIV testing program. For information, call UCLA at (310) 206-6369. For additional information and free alternative testing sites, call the Centers for Disease Control (CDC) at (800) 232-4636. It is a felony in the state of California for a person with AIDS or who has tested positive for HIV to knowingly donate blood.

Ways to Disqualify Yourself:

- You may disqualify yourself now without giving any information. Leave now without giving your blood.
- Talk with the staff who takes your medical history. They can help you with any questions or concerns. All information is confidential.
- Let us know that we should not give your blood to another person. If after leaving, you feel your blood should not be used, call the numbers listed on your post donation form as soon as possible, preferably within four hours, and tell us in confidence not to use your blood.

Thank you for coming in today!

