

The need is constant.  
The gratification is instant.

Give blood.



**American  
Red Cross**

1-800-GIVE-LIFE | HelpSaveALife.org



## **Tucson Association of Realtors BLOOD DRIVE**

2445 North Tucson Blvd. – TAR Conference Room

**Monday, June 28  
10:00 a.m. – 2:00 p.m.**

To schedule your appointment, or for more information, contact Dannetta Watkins Owens at 382-8790 or American Red Cross at 1-800-RED-CROSS or log on to [www.redcrossblood.org](http://www.redcrossblood.org) Sponsor Code: tucsonrealtors

**All presenting donors will receive a FREE t-shirt.**

**All presenting donors may enter a drawing for a chance to win a \$100 Visa Gift Card.**

**Identification is required.**

**Critical Need**

**Blood Type**  
O negative



## **Type O Negative Blood Donors Needed Now!**

You are already a hero for sponsoring an American Red Cross blood drive. However, you can make your impact on the blood supply even greater by recruiting as many type O negative blood donors as possible.

The supply of type O negative blood at the Red Cross has dropped to **CRITICAL** levels. The Red Cross needs your help now!

To prevent the type O negative blood supply from reaching a crisis level, we are urging type O negative donors to make appointments to give blood as soon as possible.

As a blood drive coordinator, you can assist by reaching goal on your upcoming drive. Make an effort to offer special encouragement to type O negative donors leading up to your drive. You may request type O negative specific materials from the Red Cross to assist you in your recruitment efforts. If double red cell donation is available at your blood drive, encourage those type O negative donors who meet the eligibility requirement to consider doubling the difference they can make with a double red cell donation.

Type O negative donors must meet all requirements to be an eligible donor, and there are specific eligibility requirements for double red cell donation.

Be sure to contact your American Red Cross representative with any questions or requests for assistance.

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### **Let your donors know:**

- Type O negative blood is always in high demand because it can be transfused to patients with any blood type, especially in emergency situations when the patient's blood type is not known.
- As type O negative blood donors, their help is needed now.
- If a type O negative donor cannot donate at your blood drive, encourage the donor to visit the closest Red Cross blood donation center.

# IRON RICH FOODS

LENTILS  
KIDNEY BEANS  
SOY BEANS  
ALMONDS  
CASHEWS  
HAZELNUTS  
PUMPKIN SEEDS  
SESAME SEEDS

## LEGUMES, NUTS & SEEDS

FORTIFIED CEREALS  
OATMEAL  
CREAM OF WHEAT  
WHOLE GRAINS  
GINGERBREAD

## BREADS & GRAIN

LEAN RED MEAT  
CLAMS  
SHRIMP  
PORK

## MEAT & FISH

FRESH FRUITS:  
WATERMELON  
PEACHES  
APRICOTS

DRIED FRUITS:  
DATES  
PLUMS (PRUNES)

## FRUIT

BAKED POTATOES  
SWEET POTATOES  
BEETS & BEET GREENS  
SPINACH  
CHARD  
ASPARAGUS  
ARTICHOKES

## VEGETABLES

**DON'T GET DEFERRED,  
EAT IRON RICH FOODS**

A well balanced diet with plenty of iron-rich foods helps maintain a healthy hematocrit level and helps ensure that donors are eligible to give blood. Donors who are deferred because of a low hematocrit level can reschedule an appointment and return to donate at a later time.



American  
Red Cross

# Become A Blood Donor



**American  
Red Cross**

The need is constant.  
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## Why Should You Donate Blood?

**You don't need a special reason to give blood. You just need your own reason.**

Some of us give blood because we were asked by a friend. Some of us give blood because we know a family member or a friend might need blood someday. Some of us give blood because we believe it is the right thing to do.

The need for blood is constant. Your contribution is very important to maintain a healthy and plentiful blood supply. When you donate through the Red Cross, you help save lives by giving of yourself in just about an hour. You may never meet the person who receives your blood, but you'll feel good knowing you helped change a life.

## What Are The Basic Eligibility Requirements?

Individuals who are 17 years of age (16 with parental permission in some states), meet height and weight requirements (at least 110 pounds based on height) and are in generally good health may be eligible to donate blood. Please bring your Red Cross blood donor card or other form of positive identification.

Make an appointment today.  
[redcrossblood.org](http://redcrossblood.org) | 1-800-RED CROSS

## What Can You Expect?

**Come Prepared.** Make sure you've had a light meal and plenty to drink. Bring your photo ID and the names of medications you are taking.

**Registration.** Our staff and volunteers will sign you in and go over basic eligibility and donation information.

**Brief Health History.** You will be asked to fill out a brief health history questionnaire so that we can better determine your eligibility to give on the day you come to donate. This process is private and confidential. We will check your temperature, pulse, blood pressure and measure the number of red blood cells present in a sample of blood.

**Donation.** The actual donation takes about 6-8 minutes, during which you will be seated comfortably. The process is safe and sterile. Red Cross staff and volunteers will be available if you have any questions or concerns.

**Refreshments.** After donating, we will provide you with free snacks and refreshments and a place to rest and relax for about 15 minutes.



Tracie, Strat and Karen  
Proud American Red Cross Donors

# Become A Double Red Cell Donor



**American Red Cross**

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You may already know about the ongoing need for blood and the importance of your donation through the American Red Cross. Whole blood donations contain red blood cells, platelets, plasma and white blood cells. Red blood cells are the most frequently used blood component and are needed by almost every type of patient requiring transfusion. If you meet certain criteria, double red cell donation allows you to safely donate two units of red cells during one appointment as an automated donation process. It is as safe as whole blood donation and proven efficient and comfortable.

## How is a Double Red Cell Donation Different?

Donor and patient safety are our top priorities. During your double red cell donation, blood is drawn from one arm and channeled through a sterile, single-use collection set to an automated machine. The machine separates and collects two units of red cells and then safely returns the remaining blood components, along with some saline, back to you through the same arm. The automated system is specifically designed to assure that you do not give too much blood.

## Am I Eligible to Donate?

In addition to meeting other whole blood donor qualifications, you must also meet specific criteria for donating double red cells, especially for hematocrit, weight and height.

Gender	HCT*	Weight (lbs)	Height
Male	≥ 40%	≥ 130	≥ 5'1"
Female	≥ 40%	≥ 150	≥ 5'5"

\*HCT refers to Hematocrit level or the percentage of red blood cells in a given amount of whole blood.

**Make an appointment today.**

**redcrossblood.org | 1-800-RED CROSS**

## What Are the Benefits?

**Save time and make your donation go further:** If you are extremely busy, committed to donating blood and an eligible **type O or B donor**, double red cell donation may be ideal for you. Each procedure lets you give more of the product that is needed most by patients. Double red cell donation takes about thirty minutes longer than a whole blood donation and you could donate approximately every four months.

**Smaller needle:** Since a smaller needle is used in the double red cell collection process, you may find double red cell donation more comfortable than whole blood donation.

**Feel better:** Given that all of your platelets and plasma are returned to your body and you receive some saline in the process, you don't lose the liquid portion of your blood and may feel more hydrated after your donation.



John, 28

Proud American Red Cross Double Red Cell Donor