



20/21 TONIGHT!
20th Anniversary Streaming Fundraiser and Blood Drive
Sunday, July 11th

CEDARS-SINAI BLOOD DRIVE FREQUENTLY ASKED QUESTIONS

How do I sign up and where are the locations?

We will have two blood drive sites on Sunday, July 11, starting at 9am PDT.

- **Shalhevet High School** (910 S Fairfax Ave, Los Angeles, CA 90036).
- **Valley Beth Shalom** (15739 Ventura Boulevard, Encino, CA 91436).

Sign up through our benefit registration page at 2021Tonight.com

What are the eligibility criteria for cancer patients and survivors?

- **Eligibility** depends on the type of cancer and treatment history
- Those who have had a diagnosis of **solid organ adenocarcinomas** (breast, ovarian, colon, prostate, etc.) and successfully completed treatment 12 or more months ago with no recurrence in that time may donate blood
- People taking **Tamoxifen** may donate blood if they meet other criteria
- Any **blood cancers**: Leukemia, Lymphoma, Hodgkin's Disease, and other cancers of the blood are a **permanent deferral**
- **Low risk in-situ** cancers, including squamous or basal cell cancers of the skin that have been completely removed, and healed, do not require 12 months deferral
 - **Melanoma**, is an exception: complete successful treatment followed by a 12-month deferral period
- **In-situ Cancers**: there is no specific waiting period. The area/lesion removed must be completely healed
 - If the removal is still pending then it's considered undiagnosed

- If it was a biopsy and results still pending, usually Cedars-Sinai asks donors to take care of their health first, and donate after everything is resolved
- Please contact your healthcare provider if you have concerns about blood donation

I recently donated blood. Can I donate again?

If you gave a whole blood donation prior to May 15, you are eligible to donate on July 11th

I recently had COVID-19 or received the COVID-19 vaccine. Can I donate blood?

If a blood donor has tested positive for COVID-19:

- They must wait 28 days from their last symptom
- Or any cold/flu symptom

All vaccines are a 72 hour / 3 day deferral

How do I prepare to donate blood?

- Bring a photo ID
- Be in good health
- Weigh at least 110 pounds
- Eat a good meal
- Drink extra water
- Be at least 17 years old
- A 16 year-old may donate if they have a signed parent consent form and weigh at least 135 pounds

What should I expect when I arrive at the location?

Step 1: Registration

You will be asked to provide some basic information and present a photo ID (driver's license, passport, etc.), review the educational material provided to make sure you meet the criteria and complete the donor questionnaire.

Step 2: Health History and Mini Physical

Cedars-Sinai staff will check your temperature, blood pressure, pulse and hemoglobin level. They will review the answers from the donor questionnaire in a private and confidential interview. This protects your health and the safety of patients who will receive blood transfusions.

Step 3: Donation

A skilled phlebotomist will cleanse and sterilize your arm before inserting a needle. The needle is a sterile, single-use needle. You can relax, listen to

music, read or watch TV. Once the donation is completed, the phlebotomist will remove the needle and place a bandage on your arm.

Step 4: Rest and Refreshments

Relax and enjoy fruit juices and kosher snacks after your donation. We ask that you spend 15 minutes or more enjoying the refreshments while Cedars-Sinai staff observe your recovery.

What should I expect when I donate blood?

- The blood donation process takes about 45-60 minutes
- The blood draw takes about 6-10 minutes depending on how well hydrated the donor is
- Fluids are replaced within hours after the donation, and your red blood cells in 4 weeks
- All first-time donors will receive a letter expressing their blood type and attributes
- All donors shall receive a complimentary COVID-19 Antibody Test with the completion of a blood donation (results are delivered via-postal mail; 2-3 weeks post donation)

Why do we donate blood?

- Someone needs blood every two seconds
- Blood cannot be manufactured, so it takes a healthy giving individual to save another
- 90 percent of us will need blood donated to us in our lifetime
- The average adult has about 10 pints of blood, and a blood donation consists of one pint
- One pint of blood can save up to three lives

What are the benefits of donating blood?

- Reduces the chances of harmful iron stores known as hemochromatosis
- Preserves cardiovascular health; maintains healthy heart and liver
- Stimulates blood cell production
- Reduces the risk of cancer
- All donors receive a Free Blood Analysis that may reveal potential health problems

We understand this has been a year of hardship for so many. As an organization that provides support to those facing a health crisis, we have seen firsthand how one simple act can save a life. Sharsheret's 20th Anniversary Streaming Fundraiser and Blood Drive is an opportunity to give back to the community in whatever way you can and to strengthen the chain of support in our LA community. If you are able, we hope you will give blood and tune into our National Benefit!

We recognize some people might not be able to donate blood. There will also be other volunteer opportunities throughout the day before the main event. If you are interested in learning more or have questions, please contact Jenna Fields at JFields@sharsheret.org or 310-409-2330.