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## **CEDARS-SINAI BLOOD DRIVE FREQUENTLY ASKED QUESTIONS**

### **How do I sign up and where is it located?**

We will have a blood drive site on Sunday, August 2, with time slots from 9am-3pm PDT.

- **Bais Yaakov Los Angeles** (7353 Beverly Blvd, Los Angeles, CA 90036).

Sign up for a time slot through Cedars-Sinai's website [here](#).

### **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 June 7th, you are eligible to donate on August 2nd.

## **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 14 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

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 Blood Drive in partnership with Cedars-Sinai 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 participate!

We recognize some people might not be able to donate blood. If you are interested in learning about other ways to get involved with Sharsheret or have any questions, please contact Shuli Kupchan at [skupchan@sharsheret.org](mailto:skupchan@sharsheret.org) or call 310-409-2330.