



Because of you, life doesn't stop
VitalToLife

Sponsored By:
St. Paraskevi Philoptochos
St. George Greek
Orthodox Church

Sunday, February 5, 2023
9:00 am - 3:00 pm

818 Valley Road
Clifton, NJ 07013

Contact Phyllis at 201.602.0632 or email
at pmagiros@verizon.net to make
an appointment

* Also check swab donation for Andrea

Appointments strongly recommended.

You may also make an appointment using the link below or QR code:
https://donor.cbsblood.org/donor/schedules/drive_schedule/56163

For more information or to schedule a donation,
call 1.877.258.4825 or visit us at vitalant.org
Find us @vitalant   

Donor Guidelines:

- * Weigh at least 110 lbs
- * Bring ID
- * Eat a meal before donation
- * Drink plenty of water before
and after donation

Ann
BLOOD RECIPIENT:

"I wish I could tell my donor how
grateful I am for your selfless act.
You may have wondered what became
of your donation well, it saved my life."



vitalant  SM

Quiz: How much do you know about blood donation?

Take the test to find out the answers.

1. When I donate blood, I am at risk of acquiring blood-borne diseases such as HIV, hepatitis B and C.

True False

Blood donation is safe. Your health and well-being are very important to the blood supply service. The needle and blood bag come in a sterile pack and it is not reused. Instruments used during blood collection are also sterile and clean and will not come in contact with other blood donors.

2. The amount/volume of blood collected at one time is:
 450 millilitres 1 litre 5 litres

In most countries, the volume taken is 450 millilitres, less than 10% of an adult's total blood volume (on average, an adult has 4.5-5 litres of blood). In some countries a smaller volume of blood is taken. The lost fluid is replaced by the body within 36 hours.

3. How often/regularly can I donate blood?
 Every 4 months Once a year Every 2 years

In most countries, individuals can safely give blood every 4 months. There is a constant need for a regular supply of blood because blood and its components can be stored only for a limited period of time.

4. Before giving blood, I should:
 Eat my normal meal or snack Drink lots of fluids Not drink or eat

Most countries recommend that donors should maintain their usual food and fluid intake before donation but should avoid heavy or fatty meals which may result in lipaemic donation that may need to be discarded. An intake of 500 mls of drinking water just before donation reduces the risk of vasovagal reaction.

5. The needle prick sensation I will experience during blood collection is very painful.
 True False

Just squeeze the inside of your elbow tightly and you will get an idea of what the needle prick feels like. All you feel is a gentle pressure and a momentary "pin-prick" sensation. Blood donation is safe, any discomfort or problem during or after donating is uncommon.

6. The safest blood for transfusion comes from:
___ Voluntary, unpaid donor ___ Family, replacement donors ___ paid donors

An adequate supply of safe blood can only be assured through regular donations from voluntary, unpaid donors. These donors are the safest group of donors. The prevalence of blood borne infections is lower in this group than family/replacement or paid donors.

Q: Why should I donate blood?

A: Safe blood saves lives and improves health. Blood transfusion is needed for:

- women with complications of pregnancy, such as ectopic pregnancies and hemorrhage before, during or after childbirth;
- children with severe anemia often resulting from malaria or malnutrition;
- People with severe trauma following man-made and natural disasters; and many complex medical and surgical procedures and cancer patients.
- It is also needed for regular transfusions for people with conditions such as thalassaemia and sickle cell disease and is used to make products such as clotting factors for people with hemophilia.

There is a constant need for regular blood supply because blood can be stored for only a limited time before use. Regular blood donations by a sufficient number of healthy people are needed to ensure that safe blood will be available whenever and wherever it is needed.

Blood is the most precious gift that anyone can give to another person — the gift of life. A decision to donate your blood can save a life or even several if your blood is separated into its components — red cells, platelets and plasma — which can be used individually for patients with specific conditions.

All Donors will receive the following free Health Screenings:

- Cholesterol
- Blood Pressure
- Pulse
- Iron
- Temperature
- Blood Type

BE A WARRIOR AND GIVE THE GIFT OF LIFE!!!

To Schedule an appointment contact:

Phyllis @ 973-884-0785