

Travel outside of the continental United States or Canada may put you at risk of getting infectious tropical diseases caused by **Zika virus, dengue virus, chikungunya virus**, which are transmitted to humans by infected mosquitoes. Although you reported feeling completely well and healthy at the time of your donation, you may still have been infected with these viruses during your travel and not feel anything. In this situation, you may develop symptoms within the next 2 weeks including fever  $\geq 100$  F, muscle and/or joint aches or weakness, headache, conjunctivitis (red eyes), eye pain, rash, or bleeding or easy bruising (unrelated to your blood donation). If you have **traveled outside the continental United States or Canada during the 6 weeks before your donation and later develop unexplained illness with two or more of the listed symptoms**, notify us as soon as possible at (630) 892-7055.

*If you have any questions or other concerns, feel free to call the Heartland Blood Center in your area.*

<i>Aurora:</i>	<i>(630) 892-7055</i>	<i>Bloomington:</i>	<i>(630) 295-5814</i>
<i>Crystal Lake:</i>	<i>(815) 356-0608</i>	<i>DeKalb:</i>	<i>(815) 758-7280</i>
<i>Elgin:</i>	<i>(847) 741-8282</i>	<i>Geneva:</i>	<i>(630) 208-8105</i>
<i>Highland (IN):</i>	<i>(219) 922-1942</i>	<i>Joliet:</i>	<i>(815) 744-7966</i>
<i>Naperville:</i>	<i>(630) 428-3632</i>	<i>Tinley Park</i>	<i>(708) 633-0101</i>
<i>Westmont</i>	<i>(630) 810-0334</i>	<i>Winfield</i>	<i>(630) 690-3222</i>
<i>Yorkville</i>	<i>(630) 553-0917</i>		

Visit us online at [www.heartlandbc.org](http://www.heartlandbc.org)

Email: [heartlan1@heartlandbc.org](mailto:heartlan1@heartlandbc.org)

Thank you for giving the gift of life!

*Now That You've  
Shared*



Thank you for your donation. Through your kindness and generosity, patients in your community will be given a chance for a better, healthier life.

Please take few moments to read the following instructions:

- **Eat and drink something before leaving.**
- **Remain in the refreshment area for at least 15 minutes; do not leave until you are released by a staff member.**
- **Drink more fluids than usual during the next 4 hours.**
- **Continue to drink plenty of fluids and eat some salty food (unless medically contraindicated) for several days to restore blood volume.**
- **Avoid consuming alcohol until you have eaten something.**
- **Do not smoke for 30 minutes.**
- **Leave the bandage on for 4 to 6 hours.**

### **Important Donor Information Regarding Blood Donation and Iron Depletion**

Regular blood donation can cause iron depletion when the iron absorbed from your diet is less than the iron loss from donation. Over time, your body's iron stores can be lowered, resulting in iron deficiency and even anemia in some blood donors.

- Iron is a critical element in the hemoglobin molecule within red blood cells that allows the red cells to carry oxygen to the body's tissues. Iron is also required for the function of muscle myoglobin protein and a variety of enzymes.
- The impact of low iron stores in blood donors, including some with apparently normal hemoglobin when tested by finger-stick method, can cause symptoms such as fatigue, lethargy, reduced cognitive functioning, restless leg syndrome, and other less common effects.
- If you experience any of the symptoms of iron deficiency described above, you might ask to have your iron (ferritin) levels checked at an upcoming medical appointment or checkup. Testing for iron deficiency is most often done by measuring serum ferritin.
- If you experience deferrals from blood donation due to low hemoglobin, the following may be helpful:
  - Take an over-the-counter iron supplement. Studies have shown that iron absorption from supplements is more efficient than from food. It is always best to check with your personal physician to see if iron supplementation is right for you.
  - Reduce donation frequency of red cells (Men: to 3-4, Women: to 2-3 times a year) and increase the interval between your donations.
  - Alternate whole blood donations with apheresis platelet and plasma donations where red cell loss is minimal.

Although rare, a donor may experience an adverse reaction during blood collection or within a few hours (rarely as late as 18 hours) after blood drawing. Reactions include, but are not limited to the following: dizziness, fainting (with loss of consciousness or seizure), bruising (hematoma), nerve damage, vein inflammation (phlebitis), arterial puncture, infection, blood clot formation, or decrease in iron or blood hemoglobin\*.

- If there is bleeding from the site of blood collection, raise your arm while applying pressure to the site.
- If you feel faint, sit down or lie down with feet elevated and use "Applied Muscle Tension" (AMT) exercises to help reduce or prevent a syncopal reaction.
- Resume all normal activities if you feel good. If you work in certain occupations (e.g., construction workers, operators of machinery) or you are working at heights, you may feel dizzy or faint if you return to work immediately after giving blood.

**Bleeding after leaving the donation site, or excessive bending, pushing or lifting could result in a bruise.** The area may be discolored and slightly swollen and the color may change from bluish-black to purple to brownish-red to yellow. As the color changes, the area of discoloration will increase.

If swelling, bruising or pain should develop, apply an ice pack for 20 minutes 4 times during the first 24 hours, and apply warm wet packs 3 times daily for the next several days. You may take non-aspirin anti-inflammatory products for pain.

**If any symptoms persist, either call the Donor Services Department at the central Aurora office or other fixed sites if you were drawn at a subcenter, return to a donor center or see a doctor.**

If, **after your blood donation**, you become ill with signs or symptoms of an acute infectious illness (such as flu-like symptoms, fever, chills, swollen glands, rash, headache, muscle aches or weakness, nausea, vomiting, diarrhea, etc.) or decide that your blood should not be transfused to a patient, **immediately** call Heartland Blood Centers at **(630) 892-7055** or **(800) 7TO-GIVE** and ask that your blood be discarded.

*Note: Even if your blood is not used, it may still be tested and you may be notified of any abnormal results.*