

Who We Are

Long Island Blood Services (LIBS) is a division of New York Blood Center, the nation's largest community-based non-profit blood collection and distribution organization. LIBS has been providing life-saving blood products and services to 50 hospitals throughout Nassau, Suffolk and Queens for close to 40 years. LIBS is not affiliated with the American Red Cross.

What We Do

Long Island Blood Services is not a blood bank: we are the pipeline to 50 Long Island hospitals. We collect, process and distribute blood to our neighborhood health care institutions that take care of our families, friends and neighbors.

Challenges to Our Blood Supply

Our region suffers from a shortage of local blood donors, and less than ideal donor frequency (those who donate don't do so often enough). Only 2% of our population donates blood each year, compared to the national average of 5%. And, of these donors, 70% only donate once a year and 50% do not return the following year. New York Blood Center/Long Island Blood Services is forced to import approximately 50,000 pints of blood each year from other blood centers in the United States, because we can't independently meet the demand.

Why We Need Donors

Blood is perishable and has a very short shelf life of only 42 days. Platelets, a component of blood needed for clotting (often needed by cancer patients), last only for five days. There is no substitute for human blood.

Long Island hospitals require almost 800 pints of blood per day just to meet routine needs. Unpredictable disasters require even more. With just a single donation, a person can help several people once blood is processed and broken down into its components (red blood cells, plasma, platelets). One in three people will need a blood product sometime during his/her lifetime.

Medical Safety

Blood is safer than it's ever been. LIBS performs 13 tests on donated blood, including tests for HIV, Hepatitis, Syphilis and now, West Nile Virus. All materials used to collect blood are new (never used), sterile and disposable, and are used only once. And, there's an added benefit to donors: each donor receives a free, mini-physical exam prior to donating to make sure it's safe for them and for the patients who will receive their blood.

Donor Eligibility Requirements

Donors must be age 16-75 (16 with written parental permission; 76+ accepted with a doctor's note), weigh a minimum of 110 pounds and be in general good health. It is safe to donate whole blood every 56 days (up to six times per year). Platelets can be donated every 3 days (up to 24 times per year), and plasma every 28 days. At the time of donation, donors must have either photo or signed identification.

General Information

For information about blood donation and blood drives in your area, call Long Island Blood Services toll free at **1-800-933-BLOOD** (2566), or visit www.nybloodcenter.org.

Am I Needed, As A Blood Donor?

A blood donor is a special kind of volunteer. One donation of blood can help save up to three patients' lives. Long Island Blood Services provides blood services to hospitals throughout Long Island. We are fortunate to live in a region where sophisticated medical facilities and transplant programs are available. These programs require many blood donations. When there is not enough blood, patients wait for hours for the blood they need, delaying their recovery. Patients who are weak from low iron wait for red cells; patients whose bodies have been assaulted by chemotherapy wait for platelets that will allow their blood to clot again. Patients who have been on an organ transplant list for months or years and finally get an opportunity for an organ will lose that opportunity if there is no blood.

Can I give blood?

To be a blood donor you must:

- Bring valid photo or signature ID
- Minimum weight 110 lbs.
- Age 16 – 75 (16 year olds must have parental consent over 75 years can donate with doctor's note)
- Eat well (low fat) & drink fluids
- No tattoos for past 12 months unless applied in NJ

Before you donate:

- Drink plenty of fluids before you donate.
- Don't forget to eat a good meal before you donate. Don't skip breakfast!

Eat these iron-rich foods in the week before you donate:

- Fruit -- dates, dried apricots, dried peaches, dried prunes or prune juice, raisins
- Vegetables -- beet greens, chard, dried beans or peas, spinach
- Meat -- chicken, ham, liver, liver sausage, lean beef, lean pork, turkey, veal
- Seafood -- clams, oysters, sardines, scallops, shrimp, tuna

Here are a few guidelines:

- Frequency -- you can donate every 56 days.
- Cold, flu, and sore throat -- you should wait until you're feeling normal.
- Allergies -- you can donate if allergies are under control with no symptoms.
- Antibiotics -- you are eligible to donate after taking your last dose and completing treatment prescribed.
- Tattoos -- if applied in NJ no wait; if elsewhere must wait 12 months after application.
- Menstrual cycle -- you can donate during your menstrual cycle.

Here's how the donation process works:

- Answer a few questions about your health.
- Receive a mini-physical -- blood pressure, temperature, pulse and iron level.
- Proceed to the donating area where your arm is cleaned with an antiseptic and your blood is collected using only new, sterile, disposable supplies.
- Relax, take a few deep breaths and before you know it, you will have given a gift that will help up to three people.

After you donate:

- Sit and enjoy refreshments for a few minutes. Drink plenty of fluids
- Leave your bandage on for four to six hours. Don't skip meals.
- Your normal volume of blood will be restored within 24 hours of donating.
- Become a regular blood donor. You'll discover how good it is to give.
- You can donate every 8 weeks. That's 6 times per year.

What happens to my blood after I give it?

Each donation of whole blood is divided into its components:

- Red cells, essential to carry vital oxygen to the body's tissues. Can be stored for 42 days.
- Platelets, a clotting component needed by patients fighting leukemia and other cancers. Must be used within 5 days.
- Plasma is the nutrient-rich fluid that travels with blood cells through the body. Fresh frozen plasma is given to patients experiencing clotting problems. Cryoprecipitate is a plasma concentrate rich in the specific clotting proteins that hemophiliac's lack.

If you have any questions about your eligibility to give blood, please call 1-800-688-0900.



Donate **blood** now... *people can't live without it.*



The Facts

- Only 2% of our local eligible population donates blood each year
- There is no substitute for human blood
- You cannot get an infectious disease by donating



The Numbers

- **2 SECONDS:** How often someone needs blood
- **42 DAYS:** Shelf life of donated red blood cells
- **5 DAYS:** Shelf life of donated platelets
- **56 DAYS:** How often you can donate
- **17%** Number of non-donors who cite “never thought about it” as the main reason for not giving



The Donation

- **4 EASY STEPS:** Registration, medical history, donation and snacks
- **10 MINUTES:** How long the actual donation will take
- **10 PINTS:** Amount of blood in the average adult body
- **1 PINT:** Amount of your donation



The Lives Saved

- 1 in 3 people will need a blood product in their lifetime
- Surgical, trauma and cancer patients and those with blood disorders need blood
- If only 1% more of Americans donated, blood shortages would disappear



 **New York** Blood Center
1.800.933.2566
www.nybloodcenter.org

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the
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