

O.K. LET'S FACE IT.

Most people ARE scared about giving blood. That's mostly why only 3 persons in 100 actually give blood.

WHAT'S THE HANG-UP?

It's just like going to your dentist. You hate the idea, you worry about pain, how the drilling will hurt, etc., but you go anyway and it's never really as bad as you thought it would be.

Best thing is not to think about it or to be afraid of it, not to get all tensed up and worried. If you HAVE to think about it, remember that you give blood to make a gift of life to your fellow man . . . and very possibly to yourself or members of your family.

Isn't giving a pint of blood a small price to pay for that kind of satisfaction?

HERE'S HOW IT'S DONE

If you're a donor with other employees of your company, you get to lie down on the job!

That's right. We will set up in a convenient spot on the company premises where you lie down on a cot.

In about 30 minutes it's all over. There's no sensation or feeling while you're giving blood. Then you rest for a few minutes, have some refreshments and you're up and back to work. You might even feel BETTER, more relaxed. That often happens.

The only time people might feel a little faint is when they haven't eaten anything all day or had enough sleep the night before and their body isn't READY to give blood.

O.K.? THEN HERE'S THE PITCH

If you're scared, you can be honest about it because lots of folks are. But there's nothing to be afraid of, really. Giving blood is a quick, simple process.

HERE'S A VERY IMPORTANT POINT

If you especially, and everyone else who can, will be a donor regularly, giving to the community, no one in our community need ever be without life-saving blood. That's our goal. We hope you'll make it yours, too.

HOW MUCH BLOOD IS TAKEN?

Just a pint.

ISN'T A PINT A LOT TO GIVE?

Not really because the average person has 10 to 12 pints and the one isn't missed. The body replaces the blood quickly.

HOW OFTEN COULD A PERSON GIVE BLOOD?

You COULD give every two months if you wanted to; but if everyone gave only three times a year, your community blood center wouldn't be faced with their emergency worries.

CAN ANYONE GIVE BLOOD?

Not everyone, but most healthy people between 17 and 66 years can.

FOR THE PROTECTION OF THE DONOR & RECIPIENT, CERTAIN DONORS CANNOT BE ACCEPTED. SEE INSIDE OF PAMPHLET.

IS ALL BLOOD THE SAME?

No. There are four main types — O, A, B and AB, either positive or negative. O+ is the most common, AB- the rarest.

DOES THE BLOOD BANK REALLY "BANK" QUANTITIES OF BLOOD, KEEPING A SUPPLY FOR 6 MONTHS, A YEAR, OR LONGER?

No. Whole blood can only be kept for 21 days! That's the big problem . . . having enough donors on a regular basis to maintain an adequate supply.

Donating after an emergency doesn't guarantee anything because it takes time to process the blood.

It's normal to be scared at first, but look at it this way: If you needed blood to live, would you understand if no one gave for you?



Arizona Blood Services, your community blood center, serves approximately 50 hospitals throughout the state. Twenty-four hours a day, every day, many patients in these hospitals require some type of transfusion therapy.

Blood donations, such as yours, must occur at least 5000 times a month so that an adequate supply of blood components is available to meet these vital needs.

We look forward to and welcome your continued support. Please bring a friend the next time you donate. Doing this will help eliminate the threat of blood shortages.

ARIZONA BLOOD SERVICES

Main Facility and Laboratory —	
1211 West Washington St., Phoenix	254-1121
Central —	
1139 East McDowell Rd., Phoenix	257-9162
Northwest —	
2329 West Glendale Ave., Phoenix	242-4697
Southeast —	
104 South Robson St., Mesa	834-5116

For information on mobile team locations and group donations, call 254-7263.



ARIZONA BLOOD SERVICES

when it comes to giving blood...



I'M AN ABSOLUTE CHICKEN.



HELP YOUR COMMUNITY, BE A VOLUNTEER BLOOD DONOR

Now is the time to donate – before an emergency affects a loved one or a friend. Blood is needed by people and it can only come from people. There are no substitutes. Your blood center serves as the link between the donor and the recipient by drawing, processing and delivering the blood whenever and wherever needed.

Care enough to give your best now and help insure the availability of a blood supply sufficient to meet your community's daily needs.

PRE-SCREENING QUESTIONS

PLEASE CHECK ONE YES NO

- 1. Age - Under 17 or over 65 years? _____
- 2. Weight - Under 110 lbs.? _____
- *3. Malaria or anti-malarial drugs past 3 years? _____
- *4. Major surgery within past 6 months? _____
- *5. Minor oral surgery or tooth extraction within past 72 hours? _____
- *6. Tattooed, ears pierced, skin grafts, acupuncture in past 6 months? _____
- *7. Have you been transfused in past 6 months? _____
- *8. Pregnancy now or in the past 6 weeks? _____
- 9. Have you ever had:
 - a. Viral Hepatitis or "yellow jaundice"? _____
 - b. Diabetes (requiring insulin)? _____
 - c. Cancer (other than skin)? _____

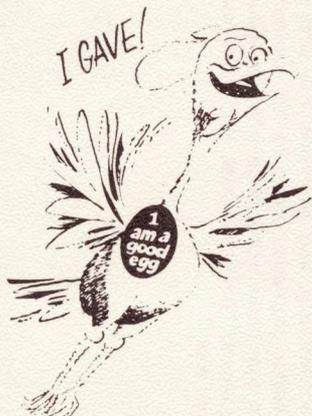
If you answered "Yes" to any of the above questions, you will be temporarily disqualified for the protection of your health and that of the recipient.

- 10. Are you under a doctor's care or taking any medication? _____
 If so, please explain the reason and the type of medication you're taking.
 You will be notified whether or not you may donate at this blood drive.

*To determine these time periods, count backwards from the exact date of the mobile.

Do eat!!! You should have eaten a normal meal within 4-6 hours of donating . . .

THE GIFT OF LIFE
IS IN YOUR HANDS



NAME _____
please print _____ company or organization _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

Business Phone: _____ Extension _____ Home phone: _____

Business Department: _____ Shift _____

My Blood Type (if known) is _____ Yes, I will give blood No, not at this time
Yes, at a later date _____ (date)

Please return this form to _____

Preferred appointment time: _____ Scheduled appointment: _____



ARIZONA
BLOOD SERVICES