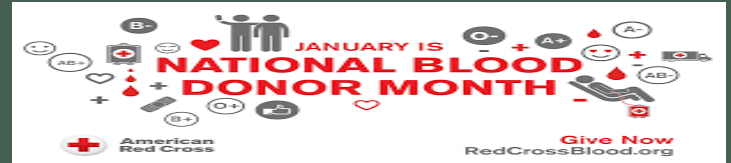




HORNET HEALTHY LIVING: VOLUME 9

Please contact the School Nurse with concerns.

We are here for our students and staff!



Reasons People Can't Donate

- **Cold, Flu and Other Types of Illness**
 - o If you don't feel well on the day of your donation, please call to cancel. We'll be happy to see you 24 hours after your symptoms pass.
- **Information About Medications**
 - o Most medications will not disqualify you from being able to donate blood but may require a waiting period after your final dose.
- **Low Iron**
 - o If you were unable to donate due to low iron, you may still be able to donate in the future. The Red Cross recommends taking steps to help increase your iron level.
- **Travel Outside of the United States**
 - o You may be deferred from donating blood or platelets if you have lived in or traveled to a malaria-risk country in the past three years.

Why should you donate blood?

- The American Red Cross and the NFL are partnering again this January by inviting football fans and blood donors to join their lifesaving team and score big for patients in need. As a special thank you to donors for helping during this critical time, those who give between January 1-31, 2021, will automatically be entered to win two tickets to next year's 2022 Super Bowl LVI in Los Angeles, California.
- There is a constant and ongoing need for blood and platelet donations. With the ongoing pandemic, the Red Cross needs the help of blood and platelet donors and blood drive hosts to meet the needs of patient care. Plasma from whole blood donations that test positive for COVID-19 antibodies may now help current coronavirus patients in need of convalescent plasma transfusions.

DOES THE COVID-19 VACCINE AFFECT WHETHER YOU CAN DONATE BLOOD?



There is no deferral time for eligible blood donors who are vaccinated with an inactivated or RNA based COVID-19 vaccine manufactured by Moderna or Pfizer.

Eligible blood donors who are vaccinated with a replication defective virus COVID-19 vaccine manufactured by AstraZeneca or Janssen/J&J must wait two weeks before giving blood.

Regardless of the type of vaccine an individual receives, all donors must be symptom free and feeling well at the time of donation. If an individual is experiencing any symptoms from the COVID-19 vaccine, the Red Cross asks that they postpone their donation until they are feeling better.