

ST. JOSEPH OLD CATHEDRAL HEALTH MINISTRY NEWSLETTER APRIL 2024



Donating blood is safe if you go through the proper channels and follow the guidelines. The Oklahoma Blood Institute and the American Red Cross use new, sterile needles that are discarded after one use and use safe blood collection techniques to prevent infection. Guidelines for donating blood are:

- Be healthy and feeling well
- 16-year-olds may donate blood with parental permission
- 17-year-old and above can donate blood without permission
- Must weight 110 pounds or more

Most people have little to no reaction to donating blood. If you have any of the following symptoms after donating blood, call the blood donation center or your health-care provider:

- Nausea, light-headedness, or dizziness after resting, eating, and drinking
- A raised bump, continued bleeding, or pain at the needle stick site when bandage removed
- Pain or tingling down your arm or fingers
- Redness and swelling around the site or red streaking of the skin
- Fever or sore throat (cold or flu) within four days after your blood donation.

Infections can be transmitted by your blood to another person via transfusion. It is important to contact the blood donor center if you are sick so that your blood will not be used

Around holiday times it is not unusual to hear of blood shortages. It is during these times that the Oklahoma Blood Institute and the American Red Cross will urge all to give blood and platelets. Every two seconds, someone in the U.S. will need blood. Donating your blood or platelets is a lifesaver for those in need. You can donate blood every 56 days and up to six times per year.



St. Joseph and the Oklahoma Blood Institute will be sponsoring a blood donation drive on **Sunday, August 11 from 9:00 a.m. to 3:00 p.m.** Please mark your calendar and plan to take part in this lifesaving event. You will be saving someone's life by your participation. You will be hearing more about this event over the next few months. Remember **YOU** can, and will, save a life with the donation of your blood.