READ THIS BEFORE YOU DONATE!
We know that you would not donate unless you think your blood is safe. However, in order for us to assess all risks that may affect you or a patient receiving a transfusion, it is essential that you answer each question completely and accurately. If you don’t understand a question, ask the blood center staff. All information you provide is confidential.

To determine if you are eligible to donate we will:
- Ask questions about your health and travel
- Ask about medicines you are taking or have taken
- Ask about your risk for infections that can be transmitted by blood—especially AIDS and viral hepatitis
- Take your blood pressure, temperature and pulse
- Take a blood sample to be sure your blood count is acceptable

If you are eligible to donate we will:
- Clean your arm with an antiseptic. Tell us if you have any skin allergies.
- Use a new, sterile, disposable needle to collect your blood.

DONOR ELIGIBILITY – Specific Information: Certain diseases, such as AIDS and hepatitis, can be spread through sexual contact and enter your bloodstream. We will ask specific questions about sexual contact.

What do we mean by “sexual contact?”
The words “have sexual contact with” and “sex” are used in some of the questions we will ask you, and apply to any of the activities below, whether or not a condom or other protection was used:
- Vaginal sex (contact between penis and vagina)
- Oral sex (mouth or tongue on someone’s vagina, penis or anus)
- Anal sex (contact between penis and anus)

HIV/AIDS risk behaviors
HIV is the virus that causes AIDS. It is spread mainly by sexual contact with an infected person OR by sharing needles or syringes used by an infected person for injecting drugs.

DO NOT DONATE IF YOU:
- Have AIDS or have ever had a positive HIV test
- Have EVER used needles to take any drugs not prescribed by your doctor
- Are a male who has had sexual contact with another male, IN THE PAST 12 MONTHS
- Have EVER taken money, drugs or other payment for sex
- Have had sexual contact IN THE PAST 12 MONTHS with anyone described above
- Have had syphilis or gonorrhea IN THE PAST 12 MONTHS
- Have been in juvenile detention, lockup, jail or prison for more than 72 consecutive hours IN THE PAST 12 MONTHS

Your blood can transmit infections, including HIV/AIDS, even if you feel well and all your tests are normal. This is because even the best tests cannot detect the virus for a period of time after you are infected.

DO NOT donate to get a test! If you think you may be at risk for HIV/AIDS or any other infection, do not donate simply to get a test. Ask us where you can be tested outside the blood center.

The following symptoms can be present before an HIV test turns positive:
- Fever
- Enlarged lymph glands
- Sore Throat
- Rash

DO NOT donate if you have these symptoms!

Travel to or birth in other countries:
Blood donor tests may not be available for some infections that are found only in certain countries. If you were born in, have lived in, or visited certain countries, you may not be eligible to donate.

What happens after your donation?
To protect patients, your blood is tested for several types of hepatitis, HIV, syphilis and other infections. If your blood tests positive it will not be given to a patient. There are times when your blood is not tested. If this occurs, you may not receive any notification. You will be notified about any positive test result which may disqualify you from donating in the future. The blood center will not release your test results without your written permission unless required by law (e.g. to the Health Department).

If you have any questions about any of the tests being performed on your blood, please call our medical office at (417) 227-5000.

BLOOD DONOR EDUCATIONAL MATERIAL FOR EBOLA VIRUS DISEASE OR INFECTION
Please DO NOT DONATE BLOOD if you
- Have EVER had Ebola virus disease or infection

THANK YOU FOR DONATING BLOOD TODAY!
COMMUNITY BLOOD CENTER OF THE OZARKS 417-227-5000
DO NOT STOP taking medications prescribed by your doctor in order to donate blood. Donating while taking these drugs could have a negative effect on your health or on the health of the recipient of your blood.

PLEASE TELL US IF YOU:

<table>
<thead>
<tr>
<th>ARE BEING TREATED WITH ANY OF THE FOLLOWING TYPES OF MEDICATIONS:</th>
<th>OR HAVE TAKEN:</th>
<th>WHICH IS ALSO CALLED:</th>
<th>ANYTIME IN THE LAST:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anti-platelet agents (usually taken to prevent stroke or heart attack)</td>
<td>Feldene</td>
<td>piroxicam</td>
<td>2 Days</td>
</tr>
<tr>
<td>Effient</td>
<td>prasugrel</td>
<td>3 Days</td>
<td></td>
</tr>
<tr>
<td>Brilinta</td>
<td>ticagrelor</td>
<td>7 Days</td>
<td></td>
</tr>
<tr>
<td>Plavix</td>
<td>clopidogrel</td>
<td>14 Days</td>
<td></td>
</tr>
<tr>
<td>Ticlid</td>
<td>ticlopidine</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Zontivity</td>
<td>vorapaxar</td>
<td>1 Month</td>
<td></td>
</tr>
<tr>
<td>Anti-coagulants or “blood thinners” (usually to prevent blood clots in the legs and lungs and to prevent strokes)</td>
<td>Arixtra</td>
<td>fondaparinux</td>
<td>2 Days</td>
</tr>
<tr>
<td>Eliquis</td>
<td>apixaban</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fragmin</td>
<td>dalteparin</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lovenox</td>
<td>enoxaparin</td>
<td></td>
<td></td>
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<tr>
<td>Pradaxa</td>
<td>dabigatran</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Savaysa</td>
<td>edoxaban</td>
<td></td>
<td></td>
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<tr>
<td>Xarelto</td>
<td>rivaroxaban</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coumadin, Warfilone, Jantoven</td>
<td>warfarin</td>
<td>7 Days</td>
<td></td>
</tr>
<tr>
<td>Heparin, low molecular weight heparin</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Acne Treatment</td>
<td>Accutane</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Amnesteem</td>
<td>isotretinoin</td>
<td>1 Month</td>
<td></td>
</tr>
<tr>
<td>Absorica</td>
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<td></td>
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<tr>
<td>Claravis</td>
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<tr>
<td>Myorisan</td>
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<td></td>
<td></td>
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<tr>
<td>Sotret</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Zenatane</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Multiple Myeloma</td>
<td>Thalomid</td>
<td>thalidomide</td>
<td></td>
</tr>
<tr>
<td>Hair loss remedy</td>
<td>Propecia</td>
<td>finasteride</td>
<td></td>
</tr>
<tr>
<td>Proscar</td>
<td>finasteride</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Prostate symptoms</td>
<td>Avodart</td>
<td>dutasteride</td>
<td>6 Months</td>
</tr>
<tr>
<td>Jalyn</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Immunosuppressant</td>
<td>Cellcept</td>
<td>mycophenolate mofetil</td>
<td>6 Weeks</td>
</tr>
<tr>
<td>Basal cell skin cancer</td>
<td>Erivedge</td>
<td>vismodegib</td>
<td>24 Months</td>
</tr>
<tr>
<td>Odomzo</td>
<td>sonidegib</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Relapsing multiple sclerosis</td>
<td>Aubagio</td>
<td>teriflunomide</td>
<td></td>
</tr>
<tr>
<td>Rheumatoid arthritis</td>
<td>Arava</td>
<td>leflunomide</td>
<td></td>
</tr>
<tr>
<td>Hepatitis exposure</td>
<td>Hepatitis B Immune Globulin</td>
<td>HBIG</td>
<td>12 Months</td>
</tr>
<tr>
<td>Experimental Medication or Unlicensed (Experimental) Vaccine</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Psoriasis</td>
<td>Soriatane</td>
<td>acitretin</td>
<td>36 Months</td>
</tr>
<tr>
<td>Tegison</td>
<td>etretinate</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Growth hormone from human pituitary glands</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Insulin from Cows (Bovine or Beef Insulin) manufactured in the United Kingdom</td>
<td></td>
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<td></td>
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</tbody>
</table>

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DO NOT STOP taking medications prescribed by your doctor in order to donate blood.

Some medications affect your eligibility as a blood donor for the following reasons:

Anti-platelet agents affect platelet function, so people taking these drugs should not donate platelets for the indicated time; however, you may still be able to donate whole blood or red blood cells by apheresis.

Anticoagulants or “blood thinners” are used to treat or prevent blood clots in the legs, lungs or other parts of the body, and to prevent strokes. These medications affect the blood’s ability to clot, which might cause excessive bruising or bleeding when you donate; however, you may still be able to donate whole blood or red blood cells by apheresis.

Isotretinoin, finasteride, dutasteride, acitretin and etretinate can cause birth defects. Your donated blood could contain high enough levels to damage the unborn baby if transfused to a pregnant woman.

Thalomid (thalidomide), Erivedge (vismodegib), Odomzo (sonidegib) and Aubagio (teriflunomide) may cause birth defects or the death of an unborn baby if transfused to a pregnant woman.

Cellcept (mycophenolate mofetil) and Arava (leflunomide) are immunosuppressants which may cause birth defects or the death of an unborn baby by apheresis.

Growth hormone from human pituitary glands was prescribed for children with delayed or impaired growth. The hormone was obtained from human pituitary glands, which are in the brain. Some people who took this hormone developed a rare nervous system condition called Creutzfeldt-Jakob disease (CJD, for short).

Insulin from cows (bovine or beef insulin) is an injected medicine used to treat diabetes. If this insulin came to the United States from the United Kingdom (where “mad cow disease” has occurred) it could contain material from cattle that have “mad cow disease”. Although no cases of the human type of “mad cow disease” have been reported in people treated with bovine (beef) insulin, there is concern that someone exposed to “mad cow disease” through beef insulin could transmit it to someone who receives their blood.

Hepatitis B Immune Globulin (HBIG) is an injected material used to prevent hepatitis B infection following a possible or known exposure to hepatitis B. HBIG does not prevent hepatitis B infection in every case, therefore, persons who have received HBIG must wait to donate blood.

Experimental Medication or Unlicensed (Experimental) Vaccine is usually associated with a research study, and the effect on the safety of transfused blood is unknown.

COUNTRIES OF EUROPE (INCLUDING THE UNITED KINGDOM)

Please review this list of countries in Europe, including the United Kingdom while completing the Donor History Questionnaire.

These lists were prepared from the FDA Guidance for Industry “Revised Preventive Measures to Reduce the Possible Risk of Transmission of Creutzfeldt-Jakob Disease and Variant Creutzfeldt-Jakob Disease by Blood and Blood Products”, updated January 2016, and further modified to include geo-political names. The guidance can also be found by date and title on the FDA website as a Blood Guidance.

Albania
Austria
Belgium
Bosnia-Herzegovina
Bulgaria
Croatia
Czech-Republic
Denmark including:
- Faeroe Islands
Finland
France including:
- Corsica
- French Guiana
- French Polynesia
- Guadeloupe
- Martinique
- Mayotte
- New Caledonia
- Reunion
- St Pierre
- Miquelon
- Wallis
- Futuna

Germany
Greece including:
- Greek Islands
Hungary
Republic of Ireland
Italy including:
- Sardinia
- Sicily
Kosovo
Liechtenstein
Luxembourg
Macedonia
Montenegro
Netherlands (Holland)
Norway including:
- Jan Mayen
- Svalbard Islands
Poland
Portugal including:
- Azores
- Madeira Islands

Romania
Serbia
Slovakia (Slovak Republic)
Slovenia
Spain including:
- Balearic Islands
- Canary Islands
- Spanish North African Territories:
  - Ceuta and Melilla
Sweden
Switzerland
Yugoslavia (formerly Federal Republic of Yugoslavia)

United Kingdom
- England
- Northern Ireland
- Scotland
- Wales
- Channel Islands
- Falkland Islands
- Gibraltar
- Isle of Man

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POST DONATION INSTRUCTIONS

FOR QUESTIONS ABOUT YOUR DONATION:
Occasionally bruising, nerve injury, fainting, and/or general fatigue may occur during or after a blood donation. If you experience any of these or other adverse reactions, please call 1-800-280-5337 for appropriate care instructions and additional follow-up by the Community Blood Center staff.

POST DONATION INSTRUCTIONS:
Please spend at least 15 minutes in the Refreshment area. We also ask that you retain this handout for at least 7 days.

- Drink plenty of liquids and eat regularly for the next 2 days.
- Avoid bending your arm for 10 minutes and heavy lifting for 12 hours.
- Avoid drinking alcohol until you have eaten a meal.
- Leave adhesive bandage on for 3-4 hours.
- If there is any bleeding from the phlebotomy site, apply pressure.
- Do not smoke for at least 30 minutes.
- You may resume normal activity after 30 minutes but avoid anything strenuous for 24 hours.
- If you feel dizzy, sit down and lower your head, or lie down with your feet elevated.
- If you notice bruising or swelling, apply an ice pack for 20 minutes and repeat several times the first day. Subsequently, apply a warm moist pack 3 times a day if needed. The bruised area may appear to increase in size as the color changes over the next several days. This is normal.

***TO STOP YOUR BLOOD FROM BEING TRANSFUSED***
Please call 1-800-280-5337 if for any reason you feel your blood should not be used for transfusion such as an illness that develops after your donation or information that should have been given before your donation. When you call, please give the person you talk to your blood donation number below (the last 6 digits of the sticker is your donation number).

Please call:
♦ If you are diagnosed with a dengue or chikungunya virus infection, please notify us as soon as possible.

Iron Depletion After Your Donation:
Frequent blood donation may decrease iron stores in the body, leading to iron deficiency anemia. Iron deficiency anemia and iron depletion can often be remedied by incorporating iron rich foods into your daily diet. However, you may need to take an iron supplement to correct this, even if your red blood cell count is normal. We suggest that you discuss this with your healthcare provider.

Tip #1: Consume foods that are good sources of iron such as red meat, poultry, liver, fish and shellfish, leafy dark greens such as spinach or kale, Brussels sprouts, beans, raisins and molasses.

Tip #2: Avoid certain beverages with meals such as coffee, tea, and red wine. These contain compounds that can substantially reduce the amount of iron you absorb from the foods you eat and should be avoided for two hours before and after meals to optimize iron absorption.

Tip #3: Eating foods rich in Vitamin C, in combination with iron-rich foods, will help iron be better absorbed into your system.

If you are deferred for:

- [ ] B/P
- [ ] Pulse
- [ ] Temperature
- [ ] Hemoglobin

Question #: ____________________

You will be eligible to donate on: ____________________

You are Indefinitely Ineligible: [ ]

☐ Donor advised of Out of Range Physical Findings
☐ Donor advised of deferral per Standard Operating Procedures

If you have questions about your deferral, please call 1-800-280-5337; ask for a member of DRS Management.

Name: ____________________________  Today’s Date: ____________________  Next Donation Date: ____________________

LifePoints is an online donor rewards program. Once you register for the program online, LifePoints are awarded automatically and may be redeemed for an assortment of appreciation gifts. The more often you give, the more points you accumulate!

- You must sign up within seven (7) days in order to claim the points from today’s donation (new accounts only).
- Your information may be accessed online at www.cbco.org; then click “Donor Sign-In” or the LifePoints logo.
- Once you have signed in, you may access cholesterol information, other health information and your LifePoints reward totals.
- Use your LifePoints! Once you reach the 12,000- point maximum, they will stop accumulating until some are redeemed.
- Please note that LifePoints expire after 15 months of no donation activity.

Note: For LifePoints or Cholesterol assistance, please visit us online at www.cbco.org or call (417) 227-5006.