

WELLNESS CONNECTION

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GOOD DECISIONS - Donating Blood During COVID-19



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Prior to COVID-19, the United States was in urgent need of blood donors. The COVID-19 pandemic has only caused more unprecedented challenges in maintaining an adequate blood supply here in the U.S. Donor centers have experienced a dramatic reduction in donations due to the implementation of social distancing and the cancellation of blood drives.

During this time, the U.S. Food and Drug Administration (FDA) have revisited and updated blood donation policies to help ensure an adequate blood supply can be maintained.

You can donate blood by making an appointment. Most walk-up blood drives have been cancelled for the foreseeable future. That doesn't mean that you can't give blood! The [American Red Cross Blood Services](#) or your preferred blood donation center have developed portals for donors to schedule appointment times.

Blood centers are following CDC guidelines. Giving blood is considered an essential community service. As part of our nation's critical infrastructure, healthy individuals can still donate in areas that have executive order restrictions. In accordance with the CDC, extra sanitation and safety protocols are in place. Both blood center employees and blood donors are required to wear face masks at blood drive and donation centers.

Survivors of COVID-19 can donate plasma. If you have fully recovered from COVID-19, you may be able to help patients currently fighting the infection by donating your plasma. Because you fought the infection, your plasma now contains COVID-19 antibodies. These antibodies provided one way for your immune system to fight the virus when you were sick, so your plasma may be able to be used to help others fight off the disease. You can learn more about donating plasma and find a location at thefightisinus.org.

