

# Delta Health Watch

Delta Sigma Theta Sorority, Incorporated  
Philadelphia Alumnae Chapter  
**Physical and Mental Health Committee**

## Give Love, Give Blood, Get Life

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**Victoria M. Rivers,  
President**

**Tiffany Gibson, RN,  
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Physical & Mental  
Health Committee**

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Committee**

**Celebrate in the  
month of February**

**\*Black History**

**\*Valentine's Day**

**\*National Wear Red  
Day- Heart  
Association**

The Physical and Mental Health Committee will be hosting its 3<sup>rd</sup> Blood Drive Feb 12, 2011 at Warnock Village from 9:00am – 4:00pm. Below are a few reasons why giving blood is important and helpful tips for donating. Remember: **Give Love, Give Blood, Give Life**

\*\* The need is constant and the gratification is instant!

**\*\*What to bring to the donation?**

Bring your driver's license or two other forms of identification with you to your donation. You may also want to bring a list of any medications you are taking.

\*\*The donation process happens in 4 simple steps: #1, Register, #2 Mini-physical, #3 The donation. # 4 Refreshments.

**\*\* Before Your Donation**

- Maintain a healthy iron level in your diet by eating iron rich foods, such as spinach, red meat, fish, poultry, beans, iron-fortified cereals and raisins.

-Get a good night's sleep.

-Drink an extra 16 oz. of water and fluids before the donation.

-Eat a healthy meal before your donation. Avoid fatty foods, such as hamburgers, fries or ice cream before donating. Tests for infections

done on all donated blood can be affected by fats that appear in your blood for several hours after eating fatty foods.

-If you are a platelet donor, remember that your system must be free of aspirin for two days prior to donation.

**\*\*During Your Donation**

-Wear clothing with sleeves that can be raised above the elbow.

-Let the phlebotomist know if you have a preferred arm and show the staff any good veins that have been used successfully in the past to draw blood.

-Relax, listen to music, talk to other donors or read during the donation process.

-Take the time to enjoy a snack and a drink in the refreshments area immediately after donating.

**\*\* After Your Donation**

-Drink plenty of fluids over the next 24-48 hours to replenish any fluids you lost during donation.

-Avoid strenuous physical activity or heavy lifting for about five hours after donation.

-If you feel light headed, lie down, preferably with feet elevated, until the feeling passes.

***-Enjoy the good feeling that comes with knowing that you may have saved as many as three lives.***

# There is a critical need for donors *now*.

Severe winter weather throughout much of the United States has caused the cancellation of more than 14,000 blood and platelet donations since January 1. The Red Cross urges all eligible donors to make an appointment to give blood or platelets in the coming days.

Delta Sigma Theta Sorority Inc., Philadelphia  
Alumnae Chapter

Blood Drive



Saturday, February 12<sup>th</sup>

9am-3pm

Warnock Village

2850 Germantown Ave Philadelphia, Pa 19133

**Please contact Committee chairs to sign up to donate, and GIVE LOVE**