

Skeehchooash

Pequot for Grasses, Herbs, Medicines

PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

January 2020

January is National Blood Donor Month



Each day, the Red Cross needs to collect about 13,000 blood donations to supply over 2,500 hospitals, clinics, and cancer centers across the country. Approximately 40% of the US is eligible to donate blood, but less than 10% are regular donors.

One blood donation can be transfused wholly, or separated into three components:

- Red blood cells - used for trauma and surgical patients.
- Plasma – administered to trauma, burn, and shock victims.
- Platelets – clot blood around cuts, scrapes, and other open wounds.

By donating, you can potentially save three lives!

In order to donate, you must:

- Be over the age of 17 and weigh over 110 lbs.
- Be feeling well on the day of donation
- Not have any blood disorders
- Not have had any recent piercings (past 12 months)

How often can you donate?

Between standard whole blood donations, you must wait at least 56 days, or 2 months

Other criteria, such as travel history and medications, can be found on the red cross website:

<https://www.redcrossblood.org/faq.html#eligibility>

donate



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Mashantucket Pequot
Tribal Nation

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<https://www.redcrossblood.org/>

At Pequot Health Care, we are dedicated to maintaining your good health!