

Dear Donor,

Thank you for your many blood donations to Childrens Hospital Los Angeles. You donate so faithfully that you're part of the "backbone" of our blood program!

You've probably heard in the news that the Novel H1N1 ("swine flu") Flu (the "virus") that was epidemic this past spring is expected to make an unwelcome return in the near future. We want to ensure that blood donors, our staff, and patients stay as healthy as possible during the flu season.

We're writing to provide you with information about how to take care of yourself and your family in the upcoming months. This information is from the Centers for Disease Control and Prevention (CDC) website ([www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu)).



**Here are some simple recommendations about how to stay healthy:**

1. Check the CDC website for flu updates, which are regularly posted.
2. Because the virus spreads from person-to-person you should:
  - a. Avoid contact with infected people
  - b. Cover your mouth and nose with a tissue when you cough or sneeze
  - c. If you feel like you might be getting the flu, talk with your doctor. If you get the flu, please follow the CDC's advice and stay home.
  - d. Avoid touching your eyes, nose or mouth, because you can infect yourself after touching people or surfaces that are carrying the virus.
  - e. Wash your hands frequently and thoroughly.
3. Follow the CDC's and your doctor's recommendations about getting vaccinated. Vaccines for the "novel H1N1 virus" may be available as early as mid-October.

**It will be more important than ever for the Blood Donor Center to collect blood and platelets during the flu season.** Please keep making regular appointments (or, even add a few extra ones) if you are healthy and well. If you come down with the flu, take good care of yourself and stay home to recuperate. When your symptoms are gone, come back and see us.

When you come in to donate, please notice that we will have alcohol wipes available for you to cleanse your hands. It will protect you, other donors, and our staff, just in case you've accidentally gotten any flu germs on your hands.

If you have questions, please feel free to call us at 323-361-5443, or the Blood Donor Center at 323-361-2441.

Stay well and come see us soon (and bring some friends)!