



**How  
Convalescent  
Plasma donation  
will help us fight  
Covid-19.**

**At this extraordinary time, we would like to ask if you would consider donating blood to help fight Covid-19 once you are recovered.**

You may be able to help if you:

- **have tested positive for Covid-19**
- **believe you have had Covid-19 within the last four months but have not been tested**
- **have now been symptom-free for at least 28 days, feel well and have returned to normal activities**
- **meet our usual eligibility criteria**

### **What is Convalescent Plasma?**

Scientific evidence has shown that transfusing patients with plasma from people who have recovered from Covid-19 can reduce the mortality rate by up to a half, shorten the illness and make it less severe. This is because recovered patients plasma may contain antibodies to Covid-19.

Doctors in the UK are currently using Convalescent Plasma in clinical trials to treat Covid-19 patients.

As you may have developed antibodies to Covid-19, we are asking you to consider donation so we at SNBTS can make Covid-19 Convalescent Plasma, which will be used in clinical trials to treat sick patients.

**However, time is of the essence. These antibodies reduce rapidly after four months, so it's critical to get in touch sooner rather than later.**

### **How can my blood help people affected by Covid-19?**

Your gift of blood can help in several ways.

- **Used to make Convalescent Plasma**  
Doctors will treat patients with Covid-19 with this Convalescent Plasma.
- **To help maintain blood supply**  
We can use your red cells for blood transfusion.
- **To develop new tests or improve testing**  
Your blood donation can also be used to help develop new or improved tests to diagnose patients with Covid-19.

## What exactly is plasma?

Blood contains four main elements:

- Red blood cells, which carry oxygen around the body
- White blood cells, which fight infection
- Platelets, which help stop bleeding, and
- Plasma, the straw coloured liquid that contains many components such as minerals, hormones and proteins, including antibodies that help fight infection.

The antibodies created in plasma is what is of most use when treating Covid-19.

## Who can donate Convalescent Plasma?

If you:

- are aged 17-65 and have never given blood before (or aged 17-69 and a regular blood donor)
- have tested positive for Covid-19 (or believe you have had Covid-19 within the last four months but have not been tested)
- have been symptom-free for 28 days but now feel fit and well and have returned to normal activities,
- meet our usual eligibility criteria

you are eligible to donate Convalescent Plasma.

To find out more about our usual eligibility criteria (which are put in place to make sure both donors and patients remain safe) visit

[scotblood.co.uk/giving-blood/can-i-give-blood](https://scotblood.co.uk/giving-blood/can-i-give-blood)

## How can I donate?

You can donate in two ways:

- **By giving a standard donation of blood**  
This takes about an hour and makes two life enhancing treatments, one unit of Convalescent Plasma and one unit of red blood cells. You can donate Convalescent Plasma by whole blood at both donor centres and community sessions
- **By giving a plasma-only donation**  
You may be asked to donate by a process called plasmapheresis using a machine that collects the plasma and returns your red blood cells back to you.

This would allow us to collect two units of the precious antibodies in the plasma each time. It takes about 90 minutes to donate this way from start to finish. You can only donate by plasmapheresis at Edinburgh, Glasgow, Aberdeen and Dundee blood donor centres.

### **Is there anything I should do before I come to donate?**

Make sure you've had plenty to drink before coming to give Convalescent Plasma. Avoid drinks such as coffee, tea or alcohol as they can dehydrate you.

We'll also give you 500ml of water to drink when you arrive. This might seem a lot, but we know it will make you less likely to feel faint. Keeping hydrated is the best way to avoid fainting.

Don't donate on an empty stomach - make sure you've eaten well before you come. However, avoid fatty, oily or greasy meals as these can affect the quality of your plasma.

### **Do I have to donate?**

No. Blood donation is a voluntary procedure and it is your choice whether or not you donate.

### **Can I definitely donate?**

Once you have recovered and have been symptom-free for at least 28 days, feel well and have returned to normal activities, you will be able to donate Convalescent Plasma, as long as you are aged 17 to 65 (or aged 17 to 69 if you are already a regular blood donor) and meet our normal donor selection criteria for donation. These criteria are used to make sure it's safe for you to give blood or plasma, and safe for the patients who receive it. You can find out more and check your eligibility at

[scotblood.co.uk/giving-blood](http://scotblood.co.uk/giving-blood)

### **Will my blood definitely be taken when I attend my appointment?**

On the day, we ask you to complete our screening questionnaire and we take blood samples to check

your haemoglobin levels. This is to ensure it is safe for you to donate. Your blood will not be taken if it is unsafe for you to do so. If it is possible, we will try to rearrange your appointment for a later date.

### **What if I change my mind or something changes and I am no longer eligible/able to donate blood?**

This is not a problem at all. Please contact us and we will cancel or rearrange your appointment.

### **Will the other donors at the donation session know I have had Covid-19?**

No. You and your donation will be treated with same high level of confidentiality as all other blood donors/donations.

### **Will the person receiving my transfusion or the hospital team treating the patient be able to identify me?**

No, all blood donations are anonymised. Staff treating patients or the patients themselves cannot identify the donor.

### **Where do I donate?**

You can give Convalescent Plasma at donor centres or community sessions (although you can only give by plasmapheresis at Edinburgh, Glasgow, Aberdeen and Dundee donor centres). We will try to find an appointment time and date convenient for you. Travelling to donate blood is classed as essential travel by the government.

### **I would like to find out more before I decide?**

For more information about donating Covid-19 Convalescent Plasma you can visit

[scotblood.co.uk/news/find-out-more-about-convalescent-plasma-donation](https://scotblood.co.uk/news/find-out-more-about-convalescent-plasma-donation)

## 1. Infection

Unfortunately, this person has just been infected with coronavirus.

It will take 6-14 days for symptoms to start to show.

They are able to pass the infection on to others during this period.



## 3. Recovery

6 to 12 days after infection the body starts producing antibodies to the virus

Antibodies fight the virus.

The person recovers.



## 2. Symptoms

The person is unwell with Covid-19.

Virus levels in the body rise



## 4. Convalescent Plasma Donors

Once recovered, the person is no longer infectious.

The person can donate blood and plasma, which can be used to treat patients with Covid-19.

Active virus has been cleared from the body. The person cannot pass the virus on to others.

Antibodies remain in the blood.



## I want to help. How do I make an appointment?

To give Convalescent Plasma, you need to make an appointment by telephone, and state 'Convalescent Plasma appointment.' You cannot book online.

Contact us on on **0345 90 90 999**. We will need to know your name, address, email and contact telephone numbers.