

## Soundbite Script – Donating Blood and the COVID Vaccine

**Brooke Harms, Lead Blood Bank Technician, OSF HealthCare**

“Some of the shortages are due to the lack of mobile units going to the schools. Schools were always a big thing for first-time donors. Since COVID they’re not able to do that as much so that is one of the reasons they’re having a shortage.”

**Brooke Harms, Lead Blood Bank Technician, OSF HealthCare**

“You are allowed to donate blood as long as you’ve received one of the three approved vaccines in the United States and those three are the Moderna, the Pfizer and the Johnson & Johnson.”

**Brooke Harms, Lead Blood Bank Technician, OSF HealthCare**

“Platelets and plasma are additional components that can be donated and it’s the same as the standard unit of blood. There’s not a waiting period as long as you know which manufacturer it is or else there is a two-week waiting period.”

**Brooke Harms, Lead Blood Bank Technician, OSF HealthCare**

“The vaccine is a great option if you’re healthy enough to receive it and donating as well. If you’re healthy enough, it does save lives. Each donation can save multiple lives, especially here we see the usage and the need for it.”