



# You recovered from COVID-19. Share your power.

**The Fight Is In Us** is a national coalition that helps people who have recently recovered from COVID-19 become heroes by donating blood plasma. Plasma is the liquid part of your blood. It is mostly made up of water. If you have recently recovered from COVID-19, then your plasma may also contain antibodies that could help others fight off the disease.

## The Power of Plasma

Plasma is so useful because it can be safely donated by the recently recovered to treat the sick. The process has been used for many years to treat people during outbreaks. Plasma is naturally replaced by your body.

## How can you help?

If you have recently recovered from COVID-19, please consider donating your plasma. If you know someone who has recently recovered from COVID-19, please share this information and encourage them to donate plasma.

## What We Need Donors To Do

- 1 Eligibility**  
You are eligible to donate if you have had COVID-19 documented by a laboratory test, an antibody test, or a clinical diagnosis and meet other donor criteria. You must also be symptom-free for at least 14 days prior to visiting a donor center.
- 2 Registration**  
You will be asked to show proof of identification and share your contact information when you arrive at the donor center. Some centers may have additional registration requirements. All information will be kept strictly confidential.
- 3 Screening**  
You must pass a pre-donation screening at every visit, including a brief exam to check your body temperature, blood pressure, and heart rate. The goal of this screening is to make sure that the donation is safe for both you and the recipients of the final product.
- 4 Donation Process**  
Once your eligibility is confirmed, you will move to a donation area where you will rest on a donor bed while connected to an automated machine that will collect your plasma. You will be carefully monitored by staff throughout the donation process. Your donor bed will be socially distanced from other donors and/or personal protective equipment will be provided.
- 5 Plasma Collection**  
Plasma is collected through an automated process that first separates plasma from other blood components, and then returns your blood cells and platelets to you. This process continues until enough plasma is collected.



There's a  
**hero**  
inside you.



For questions about donation, visit

**TheFightIsInUs.org**

or contact

**877-PLASMA9**

**(877-752-7629)**



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