



Recovered from COVID-19? Your plasma could save a life!



If you are someone who has recovered from COVID-19 you have a unique opportunity to help save the lives of critically ill patients who are currently battling the disease.

While there is no definitive treatment or cure for COVID-19, early data suggest that plasma (the water component of blood) from individuals who have been infected with COVID-19 contains antibodies that may be effective in fighting the virus and may help patients to recover from their acute infection.

MedStar Georgetown University Hospital is using convalescent plasma from previously COVID-19 infected individuals as a therapeutic for patients who have advanced and life-threatening complications due to their acute COVID-19 disease. This program is being conducted in accordance with the FDA's compassionate expanded access guidelines for IND (Investigational new drugs).

Donated plasma is needed right now! If you have been diagnosed with COVID-19, documented by a laboratory test, and if you have been symptom free for at least 14 days, please consider donating. To donate and to help us help others please email your name and phone number to MGUHdonateplasma@medstar.net.

Please note that we can only accept plasma donations from individuals who have recovered from confirmed COVID-19 and who have had no symptoms of the infection for at least 14 days.

Frequently Asked Questions:

What is convalescent plasma?

Convalescent plasma is the water part of blood collected from patients who have recovered from an infection. The blood from people who have recovered from an infection contains antibodies that have been used successfully to treat sick patients with the same disease.

Is convalescent plasma therapy new?

No. Convalescent plasma has been used for more than 100 years to treat or prevent infections. It has been used in recent years to treat H1N1 influenza, SARS, MERS and Ebola.

Is it safe to donate plasma?

Yes. People donate plasma every day at plasma and blood donation centers like the [American Red Cross](#) and INOVA blood donor center. These centers are highly controlled and sterile environments managed by trained medical staff and all donors are screened in advance to make sure they are good candidates. While most healthy adults can donate blood and plasma with no side effects, minor side effects like dehydration, fatigue or dizziness do occur in some patients.

Is convalescent plasma therapy safe and effective?

While it is not known if convalescent plasma is an effective treatment for COVID-19, there is some anecdotal evidence that suggests it could help patients recover. FDA is permitting the emergency investigational use of convalescent plasma to treat COVID-19 because there is no approved treatment for COVID-19 and because of its potential promise.

Can I get COVID-19 by donating blood or plasma?

No. Blood donation centers are sterile controlled environments and medical staff take necessary precautions to ensure patients are safe.

Can I donate blood when I am sick?

No. You should only donate when you are feeling well. You are not eligible to donate if you are experiencing a fever, cold, sore throat, respiratory infections or any flu-like or COVID-19 symptoms.

continued on back

Who can donate convalescent plasma?

In general, plasma donors must be healthy, 18 years of age and weigh at least 110 pounds. For COVID-19, donors will also have to have a positive diagnosis confirmed by laboratory results and be symptom free for at least 14 days.

How do I donate plasma?

There are many plasma collection centers in the D.C. region and across the country. To learn about the donation process and to find a donation site near you visit the [National COVID-19 convalescent Plasma Project](#). MedStar Georgetown will also provide donation instructions to people who have been screened via MGUHdonateplasma@medstar.net

Does donating plasma hurt?

Donating plasma is like donating blood. Some people compare the feeling to a mild bee sting.

How do you get my plasma?

Plasma is collected through a process called plasmapheresis and is conducted in cycles that may take up to an hour. Whole blood is drawn. After blood is drawn the plasma is separated from the red blood cells and other cellular components. These are returned to your body with sterile saline solution to help the body replace the plasma removed from the whole blood.

How long does it take?

Your first donation will take approximately 2 hours. Return visits on average take about 90 minutes.

To donate and to help us help others please email your name and phone number to MGUHdonateplasma@medstar.net.





It's how we **treat people.**