



# Newsletter

JANUARY 2010

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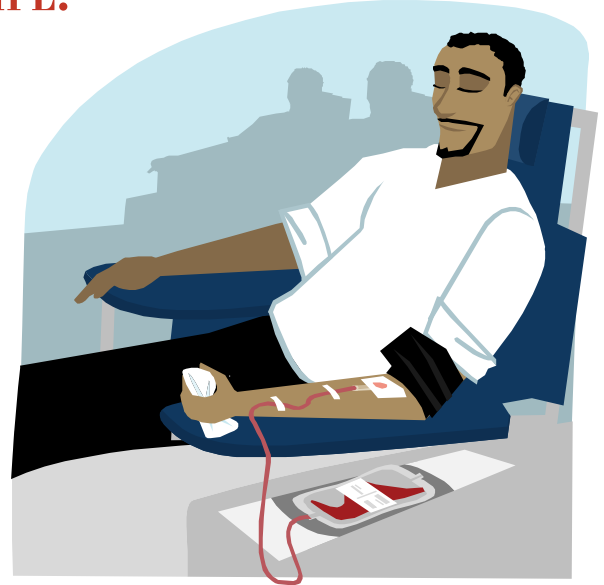
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Cyndy Wright-Johnson, MSN, RNC  
Maryland Institute for Emergency  
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## GIVE BLOOD - SAVE A LIFE.

In a perfect world, we would be able to prevent all injury incidents from occurring in the first place. Even though we are making strides in prevention across the state, statistics clearly show that thousands of Marylanders are affected by injuries every year.

One of the most powerful ways to take an active role in saving lives due to injuries is donating blood. Red blood cells from donations are used to support the treatment of trauma patients in area hospitals.



## Partnership Updates and Upcoming Events

### SAVE THE DATES PSM Quarterly Meetings

**Monday, Feb. 8th**

Annual Business Meeting & Presentation of the Top Four Injury Issues in MD

- 1) Falls
- 2) Poisonings
- 3) Motor Vehicle Crashes
- 4) Interpersonal Violence

**Tuesday, April 27th**

Core Competencies Skills Development including the following sessions:

- 1) Promoting Safe Behaviors: How can behavior change theories help?
- 2) Adding Power to Our Voices: Framing Messages in Communicating About Injury
- 3) Media Advocacy: Getting your issue covered

*Stay tuned for more information on locations and times.*

**JOHNS HOPKINS 18th ANNUAL SUMMER INSTITUTE:**

"Principles and Practice of Injury Prevention"

June 6-9, 2010 in Baltimore, MD

Visit [www.jhsph.edu/injurycenter](http://www.jhsph.edu/injurycenter) for registration information.



## **DID YOU KNOW?**

**ONE PINT OF BLOOD CAN SAVE UP TO THREE LIVES!**



**3 lives!**

### Who can donate blood?

In most states, donors must be age 17 or older. Some states allow donation by 16-year-olds with a signed parental consent form. Donors must weigh at least 110 pounds and, be in good health. Additional eligibility criteria apply.

### How often can someone donate blood?

You must wait at least eight weeks (56 days) between donations of whole blood and 16 weeks (112 days) between double red cell donations. Platelet apheresis donors may give every 7 days up to 24 times per year. Regulations are different for those giving blood for themselves (autologous donors).

Source: American Red Cross

**SCHEDULE AN APPOINTMENT  
TO DONATE BLOOD  
TODAY!**

**1-800-GIVE-LIFE**

For more information, visit [www.givelife.org](http://www.givelife.org).