

Dear ACMS Member,

Please read this message from one of our active members, Dr. Trevor Myers, about donating blood/platelets during our community's recovery from COVID-19:

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As we continue to fight our way toward the post-Covid era, I know many people are frustrated by their inability to help on an individual basis. While I have been involved on a professional level from last March, I too wanted to do a little more. As I was fortunate to have a 3-day respite from the hospital over the holiday weekend, I spent 2 hours at the American Red Cross donating platelets. As a cardiac anesthesiologist, I utilize blood products for my patients all the time, but honestly, rarely have the time to make the donations myself.

The process was seamless from the American Red Cross site, where I was able to find a date, time and location near me. Most of the check-in process is done on-line, and once you are checked in, strict social distancing measures are taken. They set me up with Netflix and headphones where I felt almost like I was flying first class! Totally professional from start to finish, and very rewarding from a personal standpoint!

Blood banks around NoVa area always looking for donations, and Covid-19 has only made that demand worse, as hospitals are filled with very ill patients! Also, if you've already had Covid-19, your own antibodies (or convalescent plasma) can be used on current Covid infected patients to help them get better.

As a bonus, the American Red Cross will screen all donor products for Covid-19 antibodies, so you can find out if you already have some degree of immunity. Thanks for considering!

Trevor Myers, MD | [Dominion Anesthesia](#)

Please reach out to:

<https://www.redcross.org/give-blood.html>

