

Someone's **life** depends on **YOU**.

Numbness and tingling

Sometimes, donors experience numbness and/or tingling in their arm or hand after a blood donation. These symptoms usually resolve over time. Mild over-the-counter anti-inflammatory medications usually are sufficient to control symptoms. The following symptoms need to be addressed immediately and reported to Virginia Blood Services Customer Service Advocate:

- Weakness in the muscles of the arm or hand.
- Severe pain that interferes with function of the arm or hand.
- Redness, red streaks, swelling, pus or tenderness at the site of the donation, especially if accompanied by fever.

If you have any questions about donating blood, please do not hesitate to contact our Customer Service Advocate at (804) 213-4214 or (800) 989-2201. Your comfort and well-being are important to us.

