

Plasma Power: Turn your Grit into Glory

By Nicki Mohammadi

Who can donate:

- Patients who have fully recovered from COVID-19 are candidates for plasma donation. You may be required to have a confirmed positive testing but some centers may accept you if you were unable to be tested and your doctor confirms a probable diagnosis.
- The center will be able to test your blood to see if you have antibodies to the virus, which will show whether you were infected in the first place.
- Most centers will require you to be at least 18 years old and weigh 110 lbs.
- Who receives the plasma? COVID-positive patients who are really sick as well as those who are at a high risk for developing severe symptoms in response to COVID-19

What is Plasma:

COVID-19 can literally and figuratively take your breath away, but there is a glimpse of hope in science. It traces back to our body's natural defense mechanisms, otherwise known as our immune system. Plasma is the liquid portion of your blood, it is involved in many aspects of immunity including clotting. It is thought that the blood of those who have recovered, called convalescent plasma, can be a rich source of antibodies. This method has been used in previous outbreaks including SARS, H1N1, and H5N1, and ebola and has now been approved by the FDA for use for coronavirus patients as of March 26, 2020.

When can you donate:

As soon as possible! Once you have been symptom-free typically for 10-14 days you are eligible to donate your plasma. Upon emailing COVIDserumtesting@mountsinai.org you will receive an automated reply to fill out the screening survey.

Where can you donate:

If you are outside the tristate area and unable to donate at Mount Sinai below is a list of other participating centers:

- New York
 - New York Blood Center

- Mount Sinai Hospital
 - Montefiore Medical Center
- Houston, TX
 - Call 346-238-4360 to begin the screening process
- Delmarva and DC area
 - Email: iburges2@jhmi.edu
- St. Louis, MO
 - Email: IDCRU@wustl.edu
 - or
 - Call: 314-454-0058
- Illinois area
 - Mississippi Valley Regional Blood Center
- Minnesota area
 - Rochester Mayo Clinic
- North Carolina
 - Email: CCP_UNC@med.unc.edu

How can you donate:

Patients will need to come into Mount Sinai and have their nose swabbed to ensure they are now longer infected, and thus produce a negative test. Your blood will be drawn and samples will be analyzed to look for the presence of antibodies to the virus that causes COVID-19. One COVID-19 survivor's blood can help provide antibodies for two to three patients. As of now, the management of COVID-19 has been focused on prevention, monitoring, and supportive care. Through plasma donation, we have the opportunity to create a treatment.

If you're looking to find a community during these tough times check out the Facebook group COVID19 survivor crops here: <https://www.facebook.com/groups/COVID19survivorcorps/about/>