

High School Blood Drive Information



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You signed up to donate blood, now what?



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BEFORE YOUR DONATION



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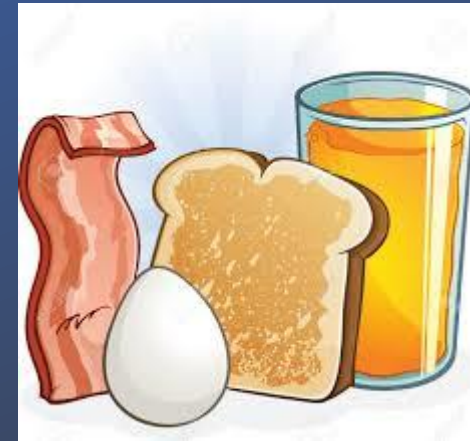
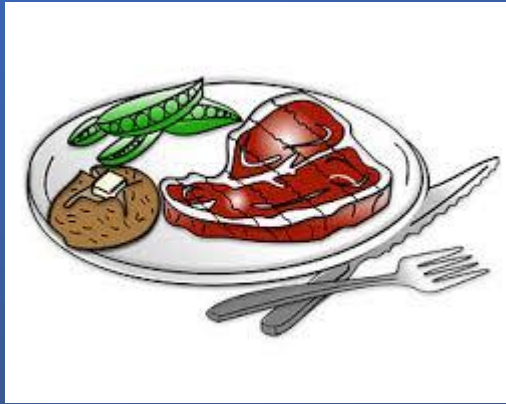
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To donate blood, you must:

- Be 17 years old, or 16 years old with a signed CBB consent form
- Weigh at least 110 lbs.
- Feel healthy and well



Eat well before donating. You should have a hearty meal for dinner, as well as breakfast the morning of your donation. Eggs, meat, and leafy greens are all good things to include in your pre-donation meals.

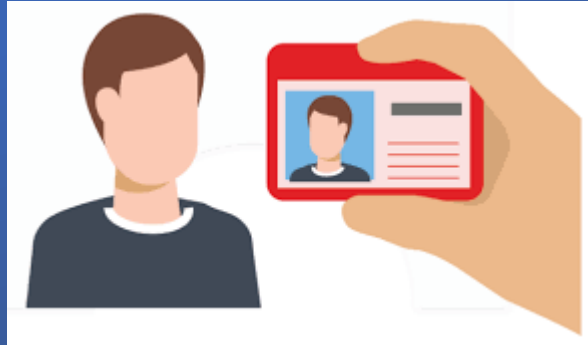


Make sure you drink lots of water, and limit caffeine, leading up to your donation. Your body loses about 16 oz of fluid during the donation, so staying hydrated before and after is important.



Photo ID is required to donate blood.

If you don't have ID, your school typically provides a list for us to verify ages.



If you are 16, you will need to have a signed CBB consent form on the day of the donation.

Make sure you dress for your donation. Short sleeves or sleeves that can be easily rolled up past your elbow are ideal.

Bring something to distract you during your donation – your phone or a book is helpful.



DURING YOUR DONATION

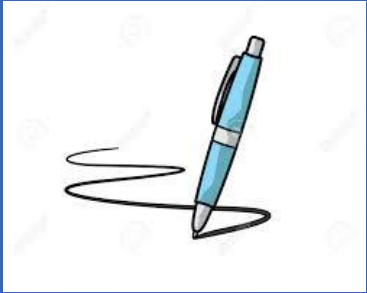


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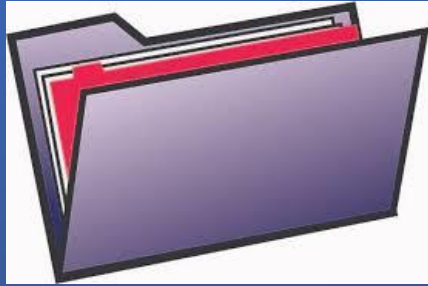
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Sign in at the registration table and grab a folder, pen and bottle of water.



Inside the folder is a Donor History Card (DHC) and some educational materials. You will fill out the front and back of the DHC, which asks questions about your medical history, medications you may be on and any relevant travel.



After you fill out the DHC and drink the bottle of water, a phlebotomist will call you back for the screening process.



During screening, the phlebotomist will review the DHC and may ask a few clarifying questions. They will do a mini physical, which includes taking your temperature, blood pressure, pulse and checking your iron.

After successfully completing the screening process, it's donation time! This typically takes less than 10 minutes. During the donation, 1 pint of blood is taken, which your body will replenish over the next couple of weeks.



Once you are done, the phlebotomist will make sure you are feeling good and instruct you to go to the refreshment area. Here, you will spend about 10-15 minutes eating snacks before you are ready to go back to class. Keep hydrating the rest of the day, and limit exercise and physical activity.



THANK YOU!



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