



# HOPE begins with you.

## Blood Donation Requirements for High School Students

Thank you for your interest in donating blood. By donating blood, you are giving life to someone in need.

So that we can provide the safest possible donation experience, selection criteria include a table based on height and weight to determine if students are eligible.

**MALE** donors must weigh 110 pounds or more, depending on their height in the following chart:

If you are	4'10"	4'11"	5' or taller
You must weigh at least	118	114	110

**FEMALE** donors must weigh 110 pounds or more, depending on their height in the following chart:

If you are	5'1"	5'2"	5'3"	5'4"	5'5"	5'6" or taller
You must weigh at least	133	129	124	120	115	110

Females who are shorter than 5'1" may still be eligible to donate blood. They may call 866-236-3276 to ask about their eligibility.





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## A Student's Guide to Blood Donation

### Why Should I Give Blood?

#### Because you can make a difference!

Almost everyone during their life will know someone who needs a blood transfusion. They may be car accident or trauma victims, cancer or transplant patients, or people with sickle cell disease or other blood disorders. There is no substitute and still only one source of blood for transfusion—volunteer blood donors.

This guide will provide you with information about measures you can take before, during, and after donation for a good experience.

Learning more about blood donation and knowing what to expect should improve your donation experience.

### What Happens During the Blood Donation Process?

1. Registration
  - Remember to bring your ID, and if required, the signed parental consent form.
  - Bring the names of medications that you are taking.
  - Bring a list of the places you have traveled outside the U.S. and Canada in the last 12 months.
  - Read the educational materials about donating whole blood or apheresis.
  - Ask Red Cross staff if you have questions.
2. Health History and Mini-Physical
  - You should feel healthy and well, and meet other criteria.
  - We will take your temperature, check your blood count, and measure your blood pressure and pulse.
  - We will ask you questions during a private and confidential interview. This protects your health and the safety of patients who receive blood transfusions.
3. Donation
  - We will cleanse an area of your arm and insert a needle to draw whole blood.
  - You can relax, listen to music, talk to other donors, or read while the blood is collected.
  - After the collection, a staff member will remove the needle and place a bandage on your arm.
4. Refreshments
  - You should spend 15 minutes or more enjoying refreshments in the refreshment area.
  - If you become dizzy or lightheaded, stay in the refreshment area and tell a staff member immediately.

### What Should I Do to Prepare?

#### Before Donation

**Sleep:** Get at least 8 hours of sleep the night before your donation.

**Eat:** Eat a healthy breakfast or lunch—both if your appointment is later in the day.

- Don't skip meals on the day of a donation.
- Make healthy food choices. Eat proteins (lean meat, cheese, and yogurt) or complex carbohydrates (bread, cereal, and fruit).
- Eat a well-balanced diet with plenty of foods that are rich in iron and vitamin C. Iron-rich foods include red meat, fish, poultry, beans, iron-fortified cereals, and raisins.

**Drink:** Drink a few extra glasses of water or fluids in the days before you donate. Start the day with a bottle of water or a glass of orange juice. If you drink water within 10-30 minutes before donation, you may be less likely to experience dizziness and lightheadedness.

#### During Donation

Most people relax during donation and feel fine afterwards. Sometimes it helps to think about something else to distract your attention from the blood being drawn.

You may also be told to try a simple technique to tense and relax the muscles in your legs:

- Lift your legs (one at a time) off the donor bed.
- Hold for a few seconds, then repeat.
- Breathe normally.

If you practice this technique to tense and relax the muscles in your legs during the donation, you may be less likely to have a reaction.

Tell Red Cross staff immediately what you are experiencing, and they will take care of you. There are ways to help prevent or limit discomfort with donation.

#### After Donation

Be sure to sit and relax in the refreshment area for 15 minutes or more and have a drink and a snack. Afterward, drink a few glasses of fluids to stay well-hydrated.

Most donors have uneventful donations and feel good about donating. Some people may experience lightheadedness, dizziness, or an upset stomach that resolves soon after donation. Less commonly, a donor may faint after blood donation. If you feel faint, stop what you are doing and sit or lie down until you feel better.

Call the American Red Cross toll-free number provided to you after your donation if you have questions or concerns.



**American  
Red Cross**





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## Student Athletes

Student athletes should not do any heavy lifting or vigorous exercise for the rest of the day. You temporarily lose fluid after donation, which your body replaces within 24 hours or sooner if you drink extra fluids. As a precaution, do not donate blood on the same day of a competition or strenuous practice.

After a whole blood donation, your body replaces the red blood cells (the cells that deliver oxygen to muscles and tissues) within about 5 weeks, depending on nutrition and iron status. High-performance competitive athletes may notice a marginal decrease in exercise tolerance for about 1 week after a whole blood donation.

Plan ahead to best schedule your donation with sports and other activities.

## Additional Information for Parents and Students

Parental permission is required for all donations by 16-year-olds and for donations by 17-year-olds as required by state law or sponsor. It is recommended that females under the age of 19 not donate Red cell apheresis, also known as "Power Reds." Red cell apheresis donations are limited to male donors under the age of 19.

When parental consent is required, we will need a signed consent form for each donation.

Most donors have uneventful donations and do fine afterwards. Some donors may become lightheaded or dizzy during or after the donation or may faint or experience injury requiring additional medical care. Young, first-time, and low-weight donors are more likely to experience reactions than other donors.

Donating blood, particularly red cells, removes iron from the body. Healthy iron levels are important for overall health, physical and mental development, and help to maintain strength and energy. Low iron, also known as iron deficiency, may lead to health problems, including anemia (not enough red blood cells or hemoglobin). To help replace the iron lost by blood donation, we recommend taking a multivitamin with 18 mg of iron for 60 days after each whole blood donation and for 120 days after each red cell apheresis donation.

For more information about iron and healthy blood donation, please visit our website at <http://www.redcrossblood.org/iron>. If a donor chooses to take iron, we recommend that the donor tell their health care provider.

Every donation is tested for HIV (the virus that causes AIDS), the hepatitis B and hepatitis C viruses, and other infectious diseases. If any test result or response to a donor screening question suggests that the donor is disqualified from donating blood in the future or may have an infectious disease, their donor record will be marked accordingly. When required, we report donor information, including test results to health departments and regulatory agencies.

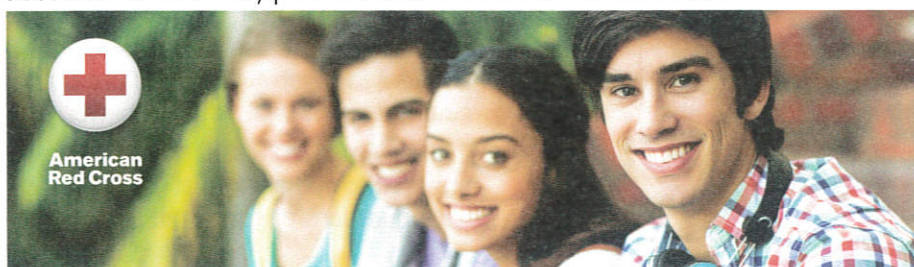
The infectious disease tests are very sensitive and specific, but it is possible that donors who are not infected will have false positive results. We are required to notify and disqualify donors even when subsequent test results indicate that the donor is not infected.

Whole blood and red cell apheresis (power red) donors will also be tested for ferritin, a test for iron stores. Donors will be notified of ferritin test results outside our acceptable ranges.

We will communicate test results directly with the donor. We maintain the confidentiality of information we obtain about a donor and we will release a donor's confidential information to his or her parents or guardian only with the donor's consent.

We may use information or residual blood samples we collect from donors confidentially and anonymously for medical research. Examples of this type of research include studies to increase the safety of the blood supply.

If you have questions about blood donation, please contact the American Red Cross.



## Form: Parental Consent for Blood Donation

### Information

This form must be completed by a parent or legal guardian. Parental permission is required for all donations by 16-year-olds, and for donations by 17-year-olds as required by state law or blood drive sponsor. Please call us at **1-800-RED-CROSS (1-800-733-2767)** or visit [www.redcrossblood.org](http://www.redcrossblood.org) if you have questions or concerns about the blood donation process.

### Parental Consent

I have read and understand

- The information on the back of this form.
- "A Student's Guide to Blood Donation."
- Any research-related study sheets that were provided.
- That Red cell apheresis, also known as "Power Reds" is not recommended for 16 and 17 year old females.

By signing below, I authorize my child to donate blood to the American Red Cross. Further, unless indicated by checking the box below, I authorize my child to do so utilizing apheresis technology as described on the reverse of this sheet. (Please use medium-point black pen.)

I **do not authorize** my child to donate blood utilizing apheresis technology as described on the reverse of this sheet.

**Donor Name:** (son, daughter, or ward): \_\_\_\_\_  
*Print Name*

**Parent/Guardian Name:** \_\_\_\_\_  
*Print Name*

**Parent/Guardian Signature:** \_\_\_\_\_  
*Signature* *Today's Date (mm/dd/yyyy)*

**Optional Parent/Guardian Phone Number:** \_\_\_\_\_  
*Where you can be reached on day of donation*

**For American Red Cross Use Only  
WBN/DIN**



## Information for Parents

Thank you for allowing your son, daughter, or ward to donate the gift of life. Please read the information below in addition to "A Student's Guide to Blood Donation."

## A Healthy Approach to Donation

Healthy habits can improve the donation experience. Blood donors should eat a nutritious, well-balanced diet containing foods rich in iron and high in vitamin C. Before a blood donation, blood donors should get enough rest, eat a good meal, and drink plenty of fluids. After donating, we recommend that some donors, including donors 16 to 18 years old, take a multivitamin with iron to help replace the iron lost during their blood donation. We hope that a positive donation experience encourages your teen to become a lifelong donor!

## Donor Screening

- We will conduct a confidential interview in which we will ask your son, daughter, or ward questions about his or her health and medication use, sexual behavior, travel, and other risk factors for infectious diseases.
- We will test every donation for HIV (the virus that causes AIDS), hepatitis B and hepatitis C viruses, and other infectious diseases.
- If any test result or response to a donor-screening question suggests that your son or daughter is disqualified from donating blood in the future or may have an infectious disease, we will mark his or her donor record accordingly. When required, we report donor information, including test results, to health departments and regulatory agencies.
- The tests are very sensitive and detect most infections, but it is also possible that donors who are not infected will have falsely positive results. We are required to notify and disqualify donors even when subsequent test results indicate that the donor is not infected.
- Whole blood and red cell apheresis (power red) donors will also be tested for ferritin, a test for iron stores. Donors will be notified of ferritin test results outside our acceptable ranges.
- We will communicate test results that disqualify a donor from future donation directly with the donor. We maintain the confidentiality of information we obtain about a donor and we will release a donor's confidential information to his or her parents only with the donor's consent.

## Whole Blood Donation

- Each donation uses a new, sterile needle to collect about a pint of blood from a vein in the donor's arm.
- Most donors feel fine before and after donating blood, but some donors may have a lightheaded or dizzy feeling; an upset stomach; a black and blue mark, redness, or pain where the needle was inserted; fainting or loss of consciousness and injury from related falls; or very rarely, nerve or artery damage. Young, first-time, and low-weight donors are more likely to experience reactions than other donors.
- Iron is lost through blood donations. Low iron, also known as iron deficiency, may lead to health problems, including anemia (not enough red blood cells or hemoglobin). Healthy iron levels are important for overall health, physical and mental development, and maintaining strength and energy. To help replace iron lost through blood donation, we recommend that some donors, including donors 16 to 18 years old take a multivitamin with 18 mg of iron for 60 days after each whole blood donation or for 120 days after each power red donation.
- For more information about iron and a healthy blood donation, please visit our website at <http://www.redcrossblood.org/iron>. If a donor chooses to take iron, we recommend that the donor tell their health care provider.

## Apheresis

- Apheresis is a type of automated blood donation procedure in which we collect specific components of the donor's blood. We place a new sterile needle in one or both of the donor's arms and use a machine to draw blood and separate it into different parts. The desired blood components are removed while the remainder and extra fluids are returned to the donor.
- Apheresis has the same risks as whole blood donation (see above). In addition, citrate, used during apheresis to prevent blood clotting, may cause chills, tingling sensations, feelings of anxiety, tremors, muscle cramping, numbness, nausea, vomiting, and/or convulsions. Donors may be given oral calcium supplements during the apheresis procedure to manage these symptoms. Very rarely, donors can experience allergic reactions (for example, skin rashes, hives, localized swelling, and/or flushing), air in the bloodstream, infection, or other complications.
- Red cell apheresis, also known as "Power Reds," is used to collect red blood cells. Red cell apheresis is not recommended for 16 and 17 year old females. Red cell apheresis donations are limited to 16- and 17-year-old male donors. As with Whole Blood Donation, iron is lost through apheresis donation. See above under "Whole Blood Donation" for information about iron and iron replacement.
- Apheresis can also be used to collect platelets or plasma. Repeated donation may result in iron depletion. The iron loss in five platelet or plasma apheresis donations is approximately equivalent to the iron loss in one whole blood donation. See "Whole Blood Donation" above for recommendations on iron replacement.

## Research

- We may confidentially and anonymously use the information or leftover blood samples we collect from donors for medical research, such as research on ways to increase the safety of the blood supply.
- By giving your son, daughter, or ward permission to donate blood, you are also consenting to the use of the donation and donor information for this type of research.



# **Blood Drive**

## **Lawrence-Nelson High School**

### **City Auditorium Gym**

**Friday, May 18, 2018**  
**9:00 AM to 3:00 PM**

For an appointment, contact the school office - 402-225-3371.

Your donation helps students earn a scholarship - sign up to donate today!



Scan to schedule

**Schedule your blood donation appointment today.**

Download the Blood Donor App | [RedCrossBlood.org](http://RedCrossBlood.org) | 1-800-RED CROSS | 1-800-733-2767