

Donate Blood! Save Lives!

Info for Students before the March 10th Grayson HS Blood Drive

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 flyer aims to answer your questions so you can decide if you can, and would like to, donate.

Can I donate? What are the requirements?

- Be in good general health and feeling well.
- Be over 16 years old.
- Have a filled out parental consent form if you are 16 years old. (17+, form not needed)
- Have not donated blood in the last 56 days.
- Weight requirements, see below.

Female Donors:

Please note that female donors under the age of 19 are not eligible for Power Red donations.

Your Height	You Must Weigh at Least (lbs)
4'10"	146
4'11"	142
5'	138
5'1"	133
5'2"	129
5'3"	124
5'4"	120
5'5"	115
5'6" or taller	110

Male Donors:

Your Height	You Must Weigh at Least (lbs)
4'10"	118
4'11"	114
5' or taller	110

Why should I donate?

- Every donation could save up to 3 lives.
- Every 2 seconds someone in the U.S. needs blood/platelets.
- The blood supply is shrinking as older donors age out.
- Only about 3% of age-eligible people donate blood yearly.
- Cancer, Trauma, Sickle Cell, Burn, and Chronic Disease patients all need blood donations, sometimes frequently.
- It benefits you too! Your blood type is automatically screened and you receive a mini-physical; donating blood is linked to lower blood pressure and a lower risk for heart attacks. It also makes you feel good by engaging in your community!

Some Other Questions You May Have

I am afraid of needles. You're not alone; fear of needles certainly prevents some people from donating blood. But if you're willing to spend a few minutes facing your fears (donating really can be that fast), you may find the satisfaction you feel makes it worth it.

Will it hurt to give blood? Only for a moment. Pinch the fleshy, soft underside of your arm. That pinch is like what you will feel when the needle is inserted.

Is blood typed, labeled, and distributed by race? No. Blood is typed, labeled, and distributed to hospitals with no indication of the donor's gender or race.

I'm afraid I'll faint. A few steps you can take to ensure you feel your best during and after donating are to drink plenty of water and eat a healthy, iron-rich meal before donating. Most donors feel fine after donating blood, but if you do feel faint or fatigued, simply lie down until you feel better.

If there is a blood shortage, will I be able to get blood if I end up in the hospital? Donors like you help the American Red Cross ensure blood is available to be shipped to hospitals 24 hours a day, 7 days a week. Hospitals typically keep some blood products on their shelves, but may call for more at any time, like in the event of large-scale emergencies. We cannot meet the need without your generous gift of blood donation.

Is my privacy protected? Yes, the information you share with us during your donation and the results of tests performed on your donation are confidential. Just like your doctor or other medical professional, your information is confidential and is only shared with you (the donor), except as may be required by law.

What happens to my blood after it is collected? Your donation is processed to establish blood type and tested for infectious diseases. If a test result is positive, your donation will be discarded and you will be notified (our test results are confidential and are only shared with the donor, except as may be required by law). Those units that pass the testing criteria are labeled and stored at a Red Cross facility until we receive an order from the hospital for blood products. We will let you know when your unit has made it to a hospital! You can feel proud knowing you helped save a life.

I'm a student athlete. Will donating effect my performance?

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. Do not donate blood on the same day of a competition or strenuous practice. 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.** If the date of the upcoming March 10th drive doesn't work for you, try looking online for other blood donation appointments that might.

Who can I talk to if I have more questions?

You have a couple options, depending on what you're most comfortable with and what your question is:

- **Your Grayson High Red Cross Club student officers** can answer any school-specific questions related to parent consent, missing class, etc. Reach us at grayson.redcross@gmail.com or DM us on Instagram @ghs_redcross_.
- **Contact the National Red Cross's Donor Care Hotline** for any questions related to eligibility, privacy, health, etc. Dial 1-800-733-2767 or 1-800-RED-CROSS (800-733-2767)

Find more information online at grayson-red.com or by scanning the QR code to the right:



On school Wi-Fi: Visit the link on your Chromebook's landing page.

How do I sign up?

What should I expect when I donate?

Signing up for an Appointment

Scan the QR Code below or visit the below link:

grayson-red.com/book



On school Wi-Fi:
Visit the link on
your Chromebook's
landing page.

Getting a Parent Consent Form (for 16 year olds)

We can only accept paper signed forms.

If you have a printer at home, visit grayson-red.com/consent and you can print a form yourself.

Otherwise, parent consent forms are available outside Ms. Beck's room A-12.

What Happens During the Blood Donation Process?

1. Registration

- Remember to bring your ID (State Driver's License or ID), and if required, the signed parental consent form.
- Bring the names of medications that you are taking.
- Bring a list of places you have traveled outside the U.S. and Canada in the last 12 months, if any.
- 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 will receive some information on applied muscle tension (AMT). AMT is a simple technique consisting of cycles of repeated contraction and relaxation of the abdomen and legs. If you practice this technique 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. If you're still at school, let your teacher know you donated blood and aren't feeling well, then ask to go to the nurse.

Need to Register for a different date or prefer to donate outside of the school?

Currently the only drive at Grayson High School is on March 10th. If you would prefer a different date or location, visit redcrossblood.org/donate or scan the QR Code below.



On school Wi-Fi:
Visit the link on
your Chromebook's
landing page.



Grayson High
School Club