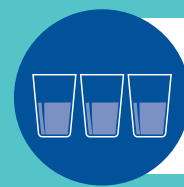


For a better donation experience



STEP 1
Day before... **HYDRATE**
- Increase your fluids the day before donating.



STEP 2
Evening before... **EAT SALTY SNACKS**
- Increase your salt intake the evening before donating.



STEP 3
Night before... **GET SLEEP**
- Get a good night's sleep prior to donation day.



STEP 4
Morning of... **EAT BREAKFAST**
- Eat a well balanced breakfast the morning of your donation.



STEP 5
Right before... **HYDRATE**
- Drink water right before your donation.

After your donation... **IRON**
When you donate blood, you lose some iron. We recommend that you take a multivitamin with iron or an iron supplement to replace it.



Donor Portal

The donor portal is a convenient way for you to locate our donor centers and community blood drives, manage current and future appointments and review your donation history.



The portal is a great way to oversee your lifetime contribution to saving lives. It's easy to register and access from your computer or mobile device; simply follow the prompts.

Visit donate.nybc.org

Bloodstock® Program

As part of our Bloodstock® Program, you can earn a scholarship for organizing a community blood drive.

Students who exhibit leadership and community service in the organization of a community blood drive can earn up to a \$500 scholarship. Planning a blood drive is fun and easy. Invite your friends, family, teachers and neighbors.

To learn more, visit nybc.org or call 800.933.2566



Pledge Card



Class Schedule

The most common reasons for **not being able** to give blood.

TEMPORARY REASONS

Condition	Length of time before you can give blood
Not feeling well for any reason	Until symptoms are gone
Cold, sore throat, respiratory infection, flu	3 days after symptoms are gone
Travel to an area of the world where malaria is prevalent	3 months after return
Have had problems with heart or lungs	Contact us regarding medical eligibility at 800.688.0900
Ear, body piercing, or branding that does NOT use single-use equipment	3 months
Acupuncture or dry-needling that does NOT use single-use equipment	3 months
Tattoo, permanent make-up or micro-blading in one of the following states: Georgia, Idaho, Maryland, Massachusetts, Nevada, New York, Pennsylvania, Utah, Vermont, Wyoming, as well as the District of Columbia, US territories, and any other country.	3 months
Tattoo, permanent make-up, or micro-blading in all other states if performed in a state-regulated shop, using sterile needles and single-use ink.	No deferral
Blood transfusion	3 months after receiving blood
Pregnancy, abortion or miscarriage	6 weeks after end of pregnancy
Syphilis, gonorrhea	3 months after treatment completed
Have had certain forms of cancer	Contact us regarding medical eligibility at 800.688.0900
Surgery, serious injury	When healing is complete and feeling well
Have had sex with someone who has hepatitis B or hepatitis C	12 months after last occurrence
You are a man who has had sex with another man	3 months after last occurrence
You are a woman who has had sex with a man who has had sex with another man.	3 months after last occurrence
You have <ul style="list-style-type: none"> Ever used illegal drugs with a needle Ever taken money or drugs in exchange for sex 	3 months after last occurrence
You are a man or woman who has had sex with someone who: <ul style="list-style-type: none"> Has ever used illegal drugs with a needle Has ever taken money or drugs in exchange for sex 	3 months after last occurrence

Medications	Length of time before you can give blood
Antibiotics (except antibiotics for acne) if taken for infection	When treatment is complete
Accutane, Absorica, Amnesteem, Claravis, Myorisan, Sotret, Zenatane Proscar and Propecia	1 month after taking last dose
Avodart, Jalyn	6 months after taking last dose
Soriatane	36 months after taking last dose
Coumadin	7 days after taking last dose

PERMANENT REASONS

Please do not give blood if you:

1. Have ever had a positive test for HIV (AIDS virus)
2. Are a hemophiliac
3. Have ever had hepatitis B or hepatitis C

An Urgent Request:

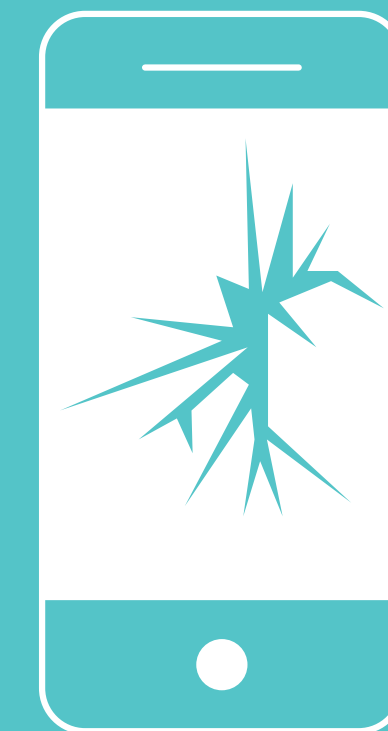
Please do not give blood just to find out your HIV (AIDS virus) test results. If you need information on where to go for confidential HIV testing, please call your local health department.

Notes:

- Most people with diabetes, and most people on medications other than those noted above, are eligible to donate blood. For specific medical eligibility guidelines, call us at 800.688.0900.
- People who have been in certain countries outside the United States may be deferred depending on the country and the length of time spent there.
- The reasons for not being eligible to donate blood may have changed after this brochure was printed.
- Most donors tolerate giving blood well, but on occasion reactions and complications may occur. Please read the information provided in this brochure to help you have the best donation experience.

Things that hurt more than giving blood #34:

Cracking your phone screen.



DONATE BLOOD

800.933.BLOOD • nybc.org

1 out of every 3 people will need blood during their lives.

Why should I donate blood?

Cancer and surgery patients, accident and trauma victims, newborn babies and many others need blood transfusions to survive. New York Blood Center needs 2,000 donations per day to meet the needs of patients in the hospitals that we serve.

There is no substitute for human blood and red blood cells are perishable, lasting just 42 days. Your blood donation will likely reach a patient within days and is crucial to helping maintain our community's blood supply.

OK. I'm interested. But how do I know if I qualify?

To donate blood, you must be at least 16-years-old with the attached parental permission form or 17 and older without parental permission (unless your school requires it). You must weigh at least 110 pounds, satisfy other height and weight requirements and not have already donated blood within the past 56 days. There are some medical conditions that can keep you from giving blood. Check out **The Most Common Reasons For Not Being Able To Give Blood** section on the back of this brochure. If you have any questions, make a confidential call to **800.688.0900**.

Must I show Identification?

Yes, examples include:

- Any form of identification which displays the individual's name and photograph
- A valid signed NYBC donor card (the NYBC donor card will also be acceptable to indicate the 16 and 17-year-old donor meets the age requirement.)
- Driver's License
- Official school ID

Can I donate blood if I have my period?

Yes.

Do I need to do anything special to prepare for my blood donation?

Eat regular meals, including a hearty breakfast, and drink plenty of fluids before donating. We also encourage you to eat salty foods in the 24 hours before your donation. Read this brochure carefully, especially the section on the reverse side, **For A Better Donation Experience**. Visit our website for more information, Better Education = Better Donation Experience.

When I arrive at the blood drive, what happens first?

You will be asked to provide/verify basic information including your name, address, email address, phone numbers, gender and date of birth. You will then use our touch screen device to answer questions about your health history to ensure that you are eligible to donate blood. Your hemoglobin will be determined from a drop of blood from your finger. Your blood pressure, pulse and temperature will also be checked.

What kind of blood donations can I make and how long will it take?

There are two types of donations you can make at your blood drive.

• Whole blood

A pint of blood is donated which includes red cells, platelets and plasma. Your body has between 8 and 12 pints of blood. From start to finish, plan on spending an hour at the blood drive with the actual donation procedure taking up to

Your blood donation will save someone's life.

15 minutes. After donating, your blood volume is replaced within 24 hours and red blood cells are replaced completely over several weeks. You can donate blood every 56 days.

• Red cells

Meet **Alyx**®! Alyx is technology which allows you to donate two units of red blood cells during one donation. During this automated procedure only your red cells are collected and your platelets and plasma are returned to you. You also receive saline solution (salt water) to replace the volume of red cells collected. Special height, weight and hemoglobin requirements apply to this type of donation. You can donate on Alyx again in 112 days.

Although it takes a little longer, the most notable benefit of giving a double red cell donation is you help two patients who require red blood cell transfusions with a single donation.

Donors who donate on the automated technology must sign an additional consent form at the time of donation.

How long will it take and what happens afterward?

Plan to spend about an hour at the blood drive. After any type of donation, you'll rest and enjoy refreshments.

How soon after donating can I get back to my routine?

After you give blood, you will relax and have a snack. You can then resume normal activity as long as you feel well. Just avoid

lifting, pushing heavy objects or engaging in strenuous exercise for at least 24 hours after giving blood.

What happens to my blood after donating?

After donation, your blood will be tested for blood type, hepatitis, HIV (AIDS virus), HTLV (a virus that may cause blood or nerve disease), Chagas, West Nile virus, Babesia and syphilis. It is then separated into components, such as red cells, plasma and platelets, that can help several patients.

How often can I give blood?

You can give whole blood every 56 days.

Do I need to take an iron supplement?

Donating blood temporarily reduces the body's iron level. In most donors, this has no effect on their health. As many teens have lower iron reserves than adults, it is advised to replace the lost iron through a daily multivitamin with iron or iron supplement of about 18-36 mg for 56 days.

Yes, I'll Give Blood!

Please print clearly and return this pledge card as soon as possible.

First name Last

Period

Age

E-mail address

Cell Phone

Class Schedule

Please print clearly. Tell us which class is best for your blood donation. Check one box.

Period Class Instructor Room #

1

2

3

4

5

6

7

8

9

10

Permission to Attend

(if required by school)

This is to certify that

Name

attends High School

I give my permission for my child/ward to donate blood.

Parent/Guardian Signature

Date of Signature

Note:

16-year-old donors must present Parental Permission Form for 16-year-old Donors (at right) to a blood center staff member at medical history.

Blood Donation Appointment Card

Your appointment card will be completed for you.

First name Last

School Blood Drive Date

Location

Class Period Time am pm

Reminders:

- Eat well before your donation and drink plenty of fluids
- All donors must present identification with name and photo
- All first-time donors must show proof of age and 16-year-olds must bring signed Parental Permission Form

DO NOT CUT. PLEASE SUBMIT ENTIRE FORM INCLUDING TEXT BELOW



New York Blood Center
Parental Permission Form for 16 years old Donors-NY English
NY-FRM-0330, Rev: 08 Effective: 09 Jul 2020

Unit Number _____

Parental Permission Form for 16-year-old Donors (Blood Center copy - please print in ink)

This is to certify that



NAME

is 16 years old. I have read the information below and I give my permission for my child/ward to participate in the blood drive. This may include donating blood.



PARENT/GUARDIAN SIGNATURE



DATE OF SIGNATURE

HOME PHONE CELL PHONE *required fields

Reminders

- Eat well before your donation
- All donors must present identification with the donor's full name and photo
- All first time donors must show proof of age

Donation Process

To determine if your child is eligible to donate we will:

- Ask questions about health, travel, sexual activity and medicines to determine risk for viruses and other disease.
- Take your child's blood pressure and temperature.
- Take a small blood sample via a finger stick to ensure your child is not anemic.

If your child is eligible to donate, we will:

- Cleanse the arm with an antiseptic.
- Use a new, sterile, disposable needle and set to collect the blood.

Possible Donation Complications and Adverse Effects:

Most donors tolerate giving blood well, but on occasion reactions and complications may occur. On average, a very small number of donors have a reaction or complication when they donate either a pint of whole blood or donate blood using our automated technology. Examples of reactions and complications which may occur when donating whole blood or donating using automated technology may include anxiety; feeling warm or cold; nausea or vomiting; and dizziness or fainting. Bruising, nerve injury, or infection may also occur at the needle site. Injuries from falls following dizziness or fainting occur on rare occasions. Some of these reactions and complications may occur more frequently with younger donors donating whole blood versus donating blood using automated technology. Donors using automated technology may experience tingling of the fingers and around the mouth that is caused by citrate, a substance used to keep blood from clotting in the machine. Infrequently, muscle spasms can also occur. Very rarely, a donor using automated technology may develop decreased calcium levels (hypocalcemia) or an irregular heart beat from citrate. Our staff is trained to recognize and manage such reactions. Donating blood temporarily reduces the body's iron level. In most donors, this has no effect on their health. As many teens have lower iron reserves than adults, it is advised to replace the lost iron through a daily multivitamin with iron or iron supplement of about 18-36 mg for 56 days.

What happens to the donation:

To protect patients, the blood is tested for viruses and certain other infectious diseases. If the blood tests are positive, it will not be given to a patient. Your child will be notified about test results that may disqualify him or her from donating in the future. From time to time, New York Blood Center (NYBC) may offer additional health-related screening tests (such as cholesterol testing) to donors. Your child will be advised at the time of donation concerning the specific test(s) that may be performed, and provided with the opportunity to decline the offer. The results of any additional health related screening tests will be provided. Some of the blood may be used for research studies or investigational test procedures which will be conducted in accordance with guidelines established by NYBC's committee for protection of human subjects. If the results from any study could affect your child's health, your child will be notified.

If your child responds to the optional question regarding racial or ethnic group, the blood may also be tested for the presence of a rare blood type. If a rare blood type is found based on the optional screening program, we will notify your child by mail.

What happens to the test results:

Your child may be asked to speak with one of NYBC's medical professionals if the blood tests are positive for certain viruses, and your child may also be asked to return for a follow-up visit and further testing. The names of donors whose blood tests positive are kept in confidential files. These files can be opened solely by authorized NYBC personnel. New York Blood Center will not release positive test results without your written consent unless required by law (e.g. to the Health Department, FDA, or by judicial process).

We will not notify your child if the test results are negative or if sample tubes do not provide enough blood to complete all laboratory tests.

NYBC protects the confidentiality of all its donors.

If you have any question about your child's donation, please call us during normal business hours.

New York City and Hudson Valley - **914.784.4623**
Long Island - **516.478.5030**

Some products used in blood collection contain natural latex rubber which may cause allergic reactions.

Thank you for consenting for your child to donate blood.