

## 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.

Visit [donate.savealifenow.org](http://donate.savealifenow.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 [savealifenow.org](http://savealifenow.org) or call 888.647.4040



## 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 <b>800.688.0900</b>
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 <b>800.688.0900</b>
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"> <li>• Ever used illegal drugs with a needle</li> <li>• Ever taken money or drugs in exchange for sex</li> </ul>	3 months after last occurrence
You are a man or woman who has had sex with someone who: <ul style="list-style-type: none"> <li>• Has ever used illegal drugs with a needle</li> <li>• Has ever taken money or drugs in exchange for sex</li> </ul>	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.

## For a better donation experience



### STEP 1

Day before... **HYDRATE**

- Increase your fluids the day before donating.



### STEP 4

Morning of... **EAT BREAKFAST**

- Eat a well balanced breakfast the morning of your donation.



### STEP 2

Evening before... **EAT SALTY SNACKS**

- Increase your salt intake the evening before donation.



### STEP 5

Right before... **HYDRATE**

- Drink water right before your donation.



### STEP 3

Night before... **GET SLEEP**

- Get a good night's sleep prior to donation day.

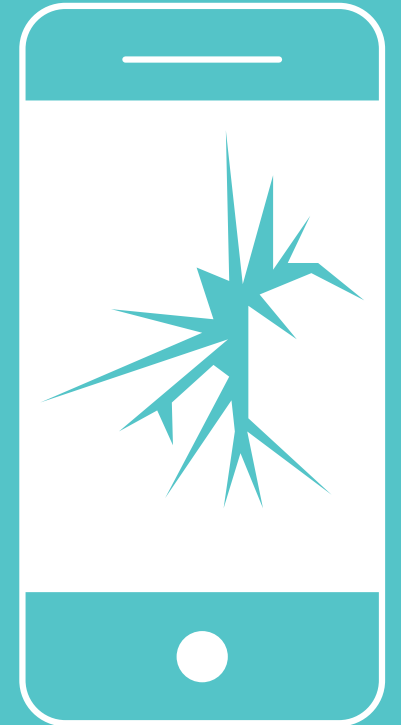


After your donation... **IRON**

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

# Things that hurt more than giving blood #34:

## Cracking your phone screen.



**DONATE BLOOD**

877.468.6844 • [savealifenow.org](http://savealifenow.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. Community Blood Center needs 580 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 first and last name and photograph or first and last name and signature

- A CBC donor card (the CBC 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 must show ID. You will be asked to provide/verify basic information including your name, address, email address, phone numbers, gender (you may self-identify as male or female) 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.

# Your blood donation will save someone's life.

## 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 15 minutes. After donating, your blood volume is replaced within 24 hours and red blood cells 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 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.

# Community Blood Center Blood Donor Parent/Guardian Permission Form

Your child has expressed an interest in donating blood. Because one blood donation can be separated into three components, your child has the potential to save three lives with a single donation. We hope that you support and encourage your child's decision to donate blood. He or she is showing civic responsibility, maturity and a sense of community pride by donating blood.

Permission by a parent or guardian is required for 16-year-olds to donate blood. In addition, if donating at a high school blood drive, some schools require similar permission even for older students. If you give permission for your child to donate blood, please complete the form at the bottom of this page.

A photo or signature ID is required for all high school donors. Proof of age will be required for the first donation.

### 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 does not have a low hemoglobin level.

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:

Most donors tolerate giving blood well, but on rare occasions, reactions and complications may occur. Examples of reactions and complications 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.

Automated technology: When blood is collected using automated technology, donors 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 may develop decreased calcium levels (hypocalcemia) or an irregular heartbeat from citrate. Some products used in blood collection contain natural latex rubber which may cause allergic reactions. Our staff is trained to recognize and manage such adverse 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.

In order to prevent complications: Drink plenty of fluids and eat well, including something salty. Also, get enough sleep the night before. Importantly, if your child starts to feel dizzy or faint after s/he donates, s/he should sit or lie down immediately until the feeling passes.

### What happens to the donation:

All blood donations are screened for several viruses and other blood borne diseases. Your child will be notified of this information. Donors with positive test results are placed on a deferral list and the blood is not used for treatment or care purposes. The names of donors whose blood tests positive are kept in confidential files. Positive test results for certain viruses are reported to health agencies as required by law. In some instances, such as when an insufficient amount of blood is collected, testing for infectious diseases may not be possible.

If you have any questions regarding your child's decision to donate, please call 800.688.0900.

Thank you for consenting for your child to donate blood.

Please complete and RETURN ONLY THE BOTTOM portion of this form. KEEP THE TOP portion for your records.

Community Blood Center Administrative Offices 4040 Main Street Kansas City, MO 64111

Unit Number

PLEASE USE INK TO COMPLETE THIS FORM

# \_\_\_\_\_

I give permission for \_\_\_\_\_ my son/daughter or ward, to make a voluntary donation of blood to Community Blood Center. Community Blood Center will notify my 16-year old child if my child receives positive test result(s) for certain blood borne diseases and my child may be contacted for follow-up testing. If tests are confirmed positive for HIV, hepatitis or syphilis (or other diseases as may be required by law or regulation), my child's name will be reported to the Department of Health.

A signed permission form from a parent/guardian is required for each donation until the donor reaches the age of 17.

\_\_\_\_\_  
PARENT/GUARDIAN NAME

\_\_\_\_\_  
DATE

\_\_\_\_\_  
ADDRESS

\_\_\_\_\_  
CITY

\_\_\_\_\_  
STATE

\_\_\_\_\_  
ZIP

\_\_\_\_\_  
PHONE

\_\_\_\_\_  
EMAIL

\_\_\_\_\_  
SON/DAUGHTER OR WARD'S DATE OF BIRTH

\_\_\_\_\_  
SIGNATURE OF PARENT

I confirm that the permission given based on the above signature is that of my parent/legal guardian. I have read all information in this form.

\_\_\_\_\_  
SIGNATURE OF DONOR

\_\_\_\_\_  
DATE