



THE GUIDE TO DONATING BLOOD

Here are the eligibility basics:



Student Impact Award: Make a Difference

Enroll in the Student Impact Award Program and you will directly impact people in your community who need blood. It's a great way to earn volunteer hours and boost future college, scholarship, and career applications. In recognition of your efforts to help save lives, students who complete the program will receive a graduation cord, an awards night recognition and a certificate of achievement. Learn more and enroll at BLOODCENTER.ORG/AWARD

Build up your iron for your next donation

As part of a wellness initiative, the blood center encourages donors to consider taking iron supplements (*18-38 mg of ferrous gluconate*) daily for eight weeks to help replace the iron lost in a whole blood donation. It is available over the counter and in multivitamins with iron (*read the label*). This amount has no more side effects than a sugar pill. For more information: BLOODCENTER.ORG/IRON

Questions?

Contact your Donor Relations Consultant.

Name	<input type="text"/>
Email	<input type="text"/>
Phone	<input type="text"/>

APPOINTMENT REMINDER

NAME _____

DATE _____ TIME _____

LOCATION _____

We are counting on you and so are the patients at our local hospitals!
If you cannot make your appointment, let us know. (Details inside)

THE CHECKLIST

- MINIMIZE CAFFEINE
- DRINK WATER
- EAT TWO GOOD MEALS
- 8 HOURS OF SLEEP
- CONSENT SIGNED

BEFORE

- PRESENT PHOTO ID
- VERIFY INFORMATION
- TAKE QUESTIONNAIRE
- MINI-PHYSICAL
- DONATE (ABOUT 10 MIN)

DURING

- SNACK TIME
- DRINK WATER
- RELAX (AT LEAST 10 MIN)
- BRAG ON SOCIAL
- TAKE IT EASY

AFTER

FIND ALL THIS INFO AND MORE AT
[BLOODCENTER.ORG/STUDENT](https://bloodcenter.org/student)

QUESTIONS?

Text **DON8** to **999-777**,
email hello@impactlife.org
or call **800-747-5401**.

THE DETAILS

Get as close to 8 hrs of sleep as you can and eat a hearty (eggs, meat, leafy greens, fruit) evening and morning meal and a salty snack. To help stabilize your blood pressure, drink lots of water or Gatorade (and minimize caffeine). Your body will lose about 2 cups of fluid during donation so being fully hydrated is important. Bring your photo ID ([school ID](#), [state issued ID](#), [driver's license](#) or [yearbook photo accepted](#)) to present at your donation. If you are 16 years old, remember to get your parental consent form signed.



Download consent form:
[BLOODCENTER.ORG/STUDENT](https://bloodcenter.org/student)

First you'll be asked to show a photo ID, verify information and provide signed consent form (*if needed*). Next, you'll complete the confidential health questionnaire. Then, a health professional will check your temperature, blood pressure, pulse and hemoglobin. Last (but most important!), it's donation time! In total, you can expect to spend 45-60 minutes at the blood drive. **If you have any questions throughout the process, ask a blood center staff member...we're here to help!**

Enjoy some refreshments and relax while you hang out for about 10 minutes! Keep hydrating the rest of the day and limit exercise and physical activity. You just helped save lives...you deserve a break!

BRAG ABOUT IT!

Spread the word on social media and be sure to tag us! Be proud, you're part of an elite group of lifesavers now!

[@impactlifeblood](https://www.instagram.com/impactlifeblood)

