

Some things students need to know about...

DONATING BLOOD

Basic Eligibility

To give blood, you must be in generally good health, weigh at least 110 pounds and be at least 17 years of age or 16 years of age with parental consent.

Piercings

You may be accepted as a blood donor if you have had a body piercing, as long as it was done under sterile conditions.

Tattoos

Donors who received a tattoo within the past 12 months may donate if the procedure was performed in New Jersey in a New Jersey licensed establishment using single use disposable equipment under aseptic conditions.

Before Donating

- Time Needed** Plan to spend at least an hour for registration, donation and a rest period after the donation.
- Eat Well** Please eat and drink something substantial within three hours prior to donating.
- Check Medications** If you are taking prescription medications, call 800-933-Blood to make certain it is OK to donate.
- Assess Your Health** If you have any cold or flu symptoms, you will be unable to donate—you will need those blood cells to help fight off any infection that may be present. If you have any questions about other medical conditions and how they affect your status as an eligible blood donor you may call 800-933-Blood to ask specific questions about your health.
- Just Relax** If you feel a little nervous about donating, that is natural. Try to focus on the patients your donation will be helping. Remember, donating blood is relatively painless, and may help save lives.

What to Expect When Donating

- Registration** You must use your current address and phone number. If you are a student who lives at school, please use your school address.
- Health Interview** To protect you and the patients receiving your blood, a trained professional will check your blood pressure, pulse and hemoglobin level and ask you some questions in a confidential manner about your health history.
- Donation** While you can expect to be at the blood drive a little more than an hour, the actual donation takes about ten minutes.
- Refreshments** You will be given something to eat and drink after donating, and asked to relax while visiting with fellow donors.

After Donation

- Drink Fluids** Make sure you drink plenty of non-alcoholic fluids in the hours immediately following your blood donation—at least four eight-ounce glasses. Increase fluid intake for the next 48 hours.
- Avoid Strenuous Activity** Plan to curtail strenuous exercise for the six hours immediately following your donation, especially any heavy use of the arm from which your blood was drawn.
- Leave Bandage On** Keep your bandage on and dry for six hours after donating.
- Feel Good About Yourself** Your donation may save up to three lives. Be very proud of your simple act of kindness!
- Share the Good Feeling** Let friends and family members know how good it feels to help save a life and how simple donating blood is. Normally, donors can give blood every 56 days; plan to bring a friend when you give again.

Contact us or learn more at
www.nybloodcenter.org
or call 800-933-Blood

 **New Jersey Blood Services**
A Division of New York Blood Center