

HOW OLD DO YOU HAVE TO BE TO DONATE BLOOD?

You need to be 17; 16-year-olds can donate with verifiable parental permission. *You must be honest about your age or your donation will be discarded.*

WHAT OTHER REQUIREMENTS ARE THERE?

You must weigh at least 110 pounds and feel generally well on the day you donate.

IS IT SAFE TO GIVE BLOOD?

Yes. All supplies are sterile and used only once. You cannot catch anything from donating blood.

HOW MUCH BLOOD WILL BE TAKEN?

About a pint. And your body will begin replacing the blood immediately. Within 24 hours your normal volume of blood will be restored.

SUPPOSE I HATE NEEDLES?

Donating blood doesn't hurt. The smallest needle possible is used. Only a slight pinch is felt momentarily. The actual process of donating only takes about six to 10 minutes.

DO PEOPLE EVER PASS OUT?

This is rare and can usually be avoided by having a solid meal and drinking lots of fluids before donation.

CAN ATHLETES DONATE?

Yes. Be well hydrated before and after donation and avoid strenuous activity for 24 hours after donation. Do not lift anything heavy with the donation arm for 24 hours.

EXACTLY WHAT HAPPENS WHEN YOU DONATE?

First you will present your photo ID and complete a form. Then you will be asked a few questions to make sure you are healthy enough to donate. This is for your safety as well as the child or adult who will receive your blood.

Then your temperature, blood pressure and iron will be checked. If they are at acceptable levels, you will be ready to give blood.

Next you recline in a comfortable lounge while your arm is cleaned with antiseptic. Then very gently, a small needle will be inserted near the bend of your arm. Only a slight pinch, if anything, is felt. In about six to 10 minutes you will be done.

(Albeit rare, reactions are possible when giving blood or double red cell including, without limitation: fainting, dizziness, nerve damage or bruising. If you or your parents need more information, contact the director of education at 1.800.317.5412 ext. 138.) At this point you will be asked to rest and enjoy some refreshments for 10- to 15 minutes.

You will be asked to leave your adhesive strip on for four- to six hours and not to lift anything heavy with the donation arm, including backpacks, for 24 hours.

HOW OFTEN CAN I GIVE BLOOD?

It is safe to give blood every 56 days or six times a year. Please give blood every time you are eligible; during summer months, blood can be donated at any of LifeShare's nine donor facilities. To locate one near you, call 1.866.644.5433.

HOW MANY PEOPLE CAN I SAVE?

When you donate with LifeShare, as many as four people in your community may be saved or sustained with your individual gift.

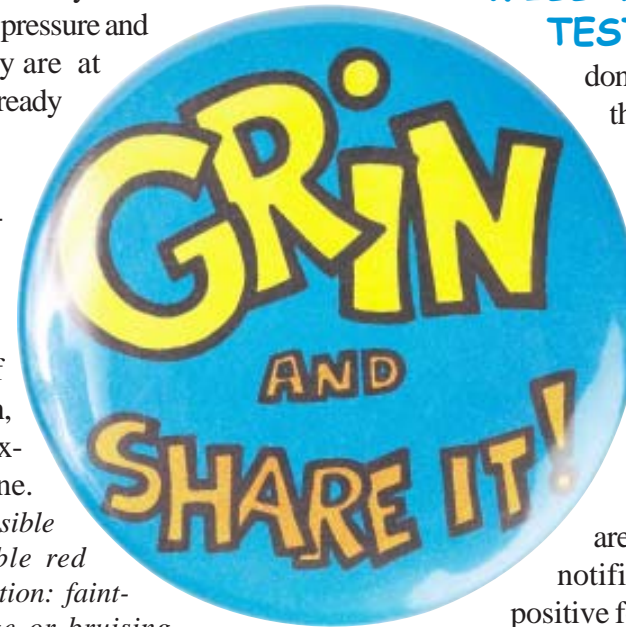
WILL MY BLOOD BE TESTED?

Yes. All blood donations are tested to assure they are as safe as possible for patient transfusion. The tests include: HIV (the AIDS virus), syphilis, several types of hepatitis, and West Nile Virus.

Only a small percentage of donations fail to pass these tests. Those are destroyed and LifeShare notifies the donor. If a test is positive for any infection, in order to maintain the confidentiality of your health information, LifeShare contacts you, not your parents. But you will be encouraged to discuss the matter with your parents.

I'VE HEARD SOME HIGH SCHOOLS HAVE A LOT OF HIV CASES. IS THAT TRUE?

Nearly every year across the Nation, rumors spring up after high school blood drives. No one knows why these baseless rumors are started or passed along. In our community these irresponsible rumors have always been false.



WHO NEEDS BLOOD? Some of the reasons people require blood include: premature birth, auto accidents, burns, surgery or transplant operations, or anemia - just to name a few. People with lifelong conditions - such as being born without an immune system - can require blood regularly their entire lives.

HOW DOES BLOOD SAVE LIVES? In the last century, blood transfusions have saved more lives than any therapy except antibiotics.

Donated blood saves lives in several ways because it is separated into components before being transfused into patients. Each part has a different life-saving property.

Your red cells carry oxygen to the body's tissues and are needed during many surgeries.

Platelets help blood clot in patients with cancer and leukemia whose clotting ability has been affected by chemotherapy or radiation.

Plasma is the nutrient-rich fluid that travels with the blood cells through the body.

There are still no substitutes for blood. And it is the tested blood already on the shelf that saves the life. To learn more, visit www.lifeshare.cc.



WHO IS LIFESHARE? LifeShare Community Blood Services was founded as a charity in 1948 to provide blood and components for the critically ill and injured across Northeast Ohio. Blood collected remains in the community where it was donated. LifeShare is the only source of blood to hospital patients in Lorain County, the primary source of blood to those treated in Stark County, and a major provider to patients across Cuyahoga County.

LifeShare has nine permanent donor facilities across the region and conducts blood drives seven days a week year 'round.

HOW DOES THE SCHOLARSHIP PROGRAM WORK?

Students, administration and faculty across Northeast Ohio provide LifeShare with nearly 20 percent of the blood supplied to patients annually. To recognize this tremendous contribution, in 2002 the LifeShare Community Blood Services Scholarship Program was established.

High schools and colleges sponsoring blood drives earn scholarships based on the number of donations made in a school year. LifeShare awards over \$100,000 annually in scholarships.

To learn more about the program, visit www.lifeshare.cc. Roll your mouse over the "About Us" button on the home page and a drop-down menu will include a "scholarships" section.

Smart Questions
High School
Blood Donors Ask

