



DE LA SALLE  
INSTITUTE

# Blood Drive

## Monday October 31, 2022



*Every 2 seconds someone in the U.S. needs blood. A single pint (there are 10-12 pints in your body) can save three lives. Nearly 39,000 pints are needed every day. Help save a life – Donate Blood!*

Donors must

- Be at least 16 years or older on the day of donation
- Have a valid photo I.D. (school photo I.D. is acceptable – but not school temporary sticker ID)
- Be a specific **minimum height/weight**. **Males must be at least 5’ tall and weigh at least 110 pounds (Female: see separate eligibility flyer)**
- Be in general good health and not have donated within the previous 56 days
- Eat a good meal the day of the donation and be sure to drink plenty of fluids
- Have this form signed stating that have permission to miss class
- **If you are under the age of 17 years you ALSO need the form from Vitalent (formerly known as LifeSource) signed.** The form must be completely filled-out and signed in black ink to be valid. The form cannot contain any stray markings or scratch outs since it will be considered a legal document. (If you are 17 or older you only need this form signed)
- Tattoos and body piercings are acceptable if received at professional establishments
- Report to room 215 in the morning of the blood drive to start registration process and receive a donut!

STUDENT’S NAME

DLS ID#

HEIGHT

WEIGHT

STUDENT’S BIRTH DATE (INCLUDING YEAR)

STUDENT’S EMAIL ADDRESS

I give my child permission to donate blood. I understand that they may miss class time while volunteering.

Parent/Guardian Signature

Date

Student’s AGE on October 31, 2022

**(Please note: A second form must also be completely filled out and signed in black ink if student is age 16)**

Donating whole blood takes approximately an hour (this includes time for instructions, a brief physical history and a rest period after the actual donation). **Students are responsible for all class work they miss while donating.** Please check with your teacher to make sure you have permission to miss their class.

Preferred Time of Day of Donation (check one) 8-10 \_\_\_\_\_ 10-noon \_\_\_\_\_ noon-2 \_\_\_\_\_

Homeroom: \_\_\_\_\_ Lunch Period: \_\_\_\_\_

Permission slips should be returned to Mr. Dowling in room 215 as soon as possible.





## Blood Donor Qualifications

Thank you for taking time and energy to make our world a better place. By giving blood, you're transforming the lives of many others. Our goal is to make your donation experience worthwhile and seamless while ensuring a safe blood supply for our community.

### How can you help?

Please read this document. We're asking these questions now to see if you meet the basic eligibility requirements and to save you time.

- If you answer "no" to all of the questions below on the day you plan to donate, you may proceed with completing our full health history questionnaire.\*
- If you answer "yes" to any of the questions below on the day you plan to donate, unfortunately we won't be able to accept your donation at that time.

*\*Even if you answer "no" to all questions below, there's a chance you may be ineligible to donate based on information you provide on the health history questionnaire and during the pre-donation interview.*

### Before you donate:

- Make sure you eat within two hours of your donation. Drink plenty of water that day and 24-48 hours beforehand.
- Please bring your blood donor ID card or photo ID with your full legal name.
- Vitalant respects that some donors identify with a gender that is different than their sex assigned at birth. You may be asked both your sex assigned at birth and gender identity so that we may ask the appropriate health history questions required to ensure patient safety.
- For donors age 22 or younger: To ensure a safe donation experience for you, please also review our height/weight eligibility restrictions on the back of this document.



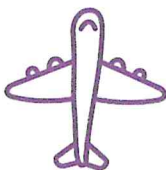
### Health Status and age

- Do you weigh less than 110 pounds?
- Are you 15 years or younger?
- Are you ill or not feeling well today?



### Medications

- Are you taking antibiotics today for an active infection?
- Have you taken Accutane, Proscar or Propecia in the last month?
- Have you taken Coumadin/Warfarin in the last 7 days?



### Travel and Residence Abroad

- From the beginning of 1980 to the end of 2001, have you spent time that adds up to 5 years or more in France or Ireland?
- In the past 3 months have you spent more than 24 hours in (traveled to) any individual location outside of the U.S. or Canada?
  - If yes, did you travel to any of the countries or cities listed as a malarial risk area on the back of this page?

This table lists common malarial risk areas (including popular travel destinations) but it is not an all-inclusive list. It is routinely updated; however, please check with our staff if an area you recently traveled to is not listed below.

**NOTE: Blood donation deferral for travel to these and other malarial risk areas is temporary (3 months from travel date). Donors who are deferred for travel to malarial areas may be eligible to donate Source Plasma (applicable to Northern California donation centers only).**

**Mexico**

*Certain locations within Mexico (including cities, areas within states and entire states) are malarial risk areas.*

- State of Chiapas
- State of Chihuahua,
- Copper Canyon Area

**Dominican Republic**

*Certain provinces and popular areas are malarial risk areas.*

- Monte Cristi
- Punta Cana
- Casa de Campo
- East National Park
- Bahia de las Aguilas
- Jaragua National Park

**Malaria Endemic Countries**

*Each country (in its entirety) is a malarial risk area.*

- |                             |                        |                     |
|-----------------------------|------------------------|---------------------|
| Angola                      | Ghana                  | Sao Tome & Principe |
| Benin (Dahomey)             | Guinea                 | Senegal             |
| Burkina Fasso (Upper Volta) | Guinea-Bissau          | Sierra Leone        |
| Burundi                     | Haiti                  | Solomon Islands     |
| Cameroon                    | Ivory Coast            | Somalia             |
| Central African Republic    | Liberia                | South Sudan         |
| Chad                        | Malawi                 | Sudan               |
| Comoros                     | Mali                   | Togo                |
| Congo                       | Mozambique             | Uganda              |
| Djibouti                    | New Hebrides (Vanuata) | Zaire               |
| Equatorial Guinea           | Niger                  | Zambia              |
| Gabon                       | Nigeria                | Zimbabwe (Rhodesia) |
| Gambia                      | Rwanda                 |                     |

**Height/Weight Restrictions for Donors Age 16-22  
Eligibility is Based on Estimated Total Blood Volume**

**Males between 16 and 22:** You must be at least 5' tall and weigh at least 110 pounds.

**Females between 16 and 22:** If you weigh at least 110 pounds but are shorter than 5'6", please see the minimum weight required by height below:

<b>Female Height</b>	≥ 4'10"	≥ 4'11"	≥ 5'	≥ 5'1"	≥ 5'2"	≥ 5'3"	≥ 5'4"	≥ 5'5"
<b>Female Required Weight</b>	≥ 146	≥ 142	≥ 138	≥ 133	≥ 129	≥ 124	≥ 120	≥ 115

# Parent/Guardian Information, Acknowledgement, and Consent for Minor/Student Donors



Dear Parent/Guardian and Student:

Blood donation is a safe and easy way to have a life-transforming impact. Each year, nearly 5 million Americans need blood transfusions. Blood donated by generous volunteers offers second chances and many tomorrows to patients who depend on it. We are thrilled that your student will help us save lives. **After you review this form, and the additional information found in the online references listed on the back, we ask that a parent/guardian sign this form, giving consent for your student to donate blood.**

And we hope that your student becomes a lifelong donor! Thank you for supporting our lifesaving mission!

## PRE-DONATION INSTRUCTIONS

- The day before donation, the student should drink plenty of fluids.
- On the day of the donation, the student should eat a healthy low-fat meal *before* donating, and drink 8 to 16 ounces of fluid within 30 minutes before the donation.
- Being well-hydrated helps prevent dizziness and fainting. Water or sports drinks are great choices!

## BLOOD DONATION: THE PROCESS

By donating blood, your student transforms lives. Blood transfusions help patients survive traumatic injuries, recover from surgeries and make it through chemotherapy. Whole blood is the most common type of donation. Your student may also be offered the chance to provide an automated (apheresis) donation, which can do even more for patients. Our staff members will help make the donation experience pleasant by:

- Giving your student reading material and instructions on how to have a safe, comfortable blood donation.
- Teaching your student muscle tensing exercises to use during and after donation, which helps prevent fainting.
- Providing a beverage and salty snack after donation.
- Requesting students stay for a full 15 minutes in our refreshment area to allow their bodies to adjust to the donation.

## Health History and Screening

Prior to donation, your student will be asked to complete a questionnaire about his or her health history, medications, travel and other risk factors for infectious disease. We use this information and test every donation for infectious diseases (including HIV and hepatitis, among others) and perform other routine blood donor screening to help ensure donor and patient safety. Positive infectious disease test results are provided to the student AND the student's parents/guardians for minors (under age 18), except in California where a minor's permission is required to release the results to a parent/guardian. If required by law, positive test results will be reported to state and federal agencies.

## Whole Blood Donation

During whole blood donation, our specially trained staff will carefully insert a new, sterile, disposable needle into a vein in the arm. Once collected, the blood is separated into components (red blood cells, plasma or platelets), tested and prepared for patient use.

## Automated (Apheresis) Collection

During an automated (apheresis) donation, our specially trained staff will carefully insert a new, sterile, disposable needle into a vein in the arm and use special equipment to collect and separate specific blood components. The remaining components are safely returned to the donor. During this collection process, a small amount of anticoagulant (citrate) is added to the blood to prevent clotting. The donor may also receive saline solution to help replace fluids.

## Iron and Young Donors

Young donors are at risk for low iron stores. We measure a hemoglobin level before every donation to ensure young donors can safely donate, as the iron lost during blood donation could eventually lower hemoglobin. We recommend young donors take a multivitamin with iron or an iron supplement. A dose of 18 to 28 mg of elemental iron taken daily for 60 days soon after donating whole blood, or after every fifth apheresis donation, is sufficient to replace iron lost during donation. Lower doses of iron, like those available in multivitamins, help avoid side effects. We recommend young donors discuss options with their doctor or pharmacist.

**BLOOD DONATION: POTENTIAL DONOR REACTIONS AND RISKS**

Although the vast majority of donors who donate whole blood and automated (apheresis) components only experience the incredible satisfaction of saving lives, the following may occur: bruising or hematoma at the venipuncture (needle insertion) site, excessive tiredness, decreased exercise capacity, light-headedness, dizziness, nausea/vomiting, palpitations, difficulty breathing, pale skin, a feeling of warmth, allergic reactions, convulsions, fainting and possible falls with injury. Although very rare, blood donation could also result in an infection at the needle insertion site, nerve or blood vessel injury, or a blood clot. Because some of these reactions occur slightly more frequently in young donors, we ask that they closely follow our pre- and post-donation instructions. Additionally, the use of citrate anticoagulant for automated (apheresis) donors can also result in a metallic taste, tingling in the lips, fingers or feet, a vibrating sensation or tremors, and muscle cramps. Low blood pressure, anxiety, fever, headache, allergic symptoms such as redness, itching, and hives can occur. Fever post-donation should be reported according to the instructions given after donation. A sensation of coolness or chills due to the return of cooled fluids and blood can also occur. On extremely rare occasions, equipment malfunction may result in blood loss, red blood cell damage or a small amount of air in the blood circulation. Apheresis procedures have short-term effects on bone minerals and counts of lymphocytes (a type of white blood cell); the long-term effects of frequent apheresis donations remain unknown.

We recommend donors wait at least 12 hours before operating heavy machinery or driving commercial vehicles, and at least 24 hours before engaging in strenuous exercise (including heavy lifting or intensive arm exercise).

**PLEASE BE SURE THAT YOU ALSO READ THE ADDITIONAL INFORMATION FOUND ONLINE:**

- *Information and Instructions for Your Blood Donation;*
- *Use of Donor Information, Blood, and Blood Samples in Research; and*
- *Informed Consent for Donation by Automated (Apheresis) Collection Methods.*

**This information can be found online at [vitalant.org/minordonor](http://vitalant.org/minordonor).** If you are unable to access the documents or have any questions about the online information, please call 1-800-289-4923, Monday through Friday, 6:30 AM – 5:30 PM MST. On the day of the donation, your student will be asked to review this information and sign an acknowledgment that provides your student’s consent to blood donation.

\*\*\*\*\*

**PARENT/GUARDIAN ACKNOWLEDGMENT AND CONSENT: Complete all the following using black or blue ink.**

**By signing this form, I acknowledge I have read and understand the information and instructions on this form, including the additional information available online. I hereby consent and give permission for my student to donate blood or blood components, including by automated (apheresis) collection, and for my student’s donation information, blood or blood samples to be used in a confidential manner for treatment of patients, research, testing, training, and other uses as needed. I further expressly consent that my student may be contacted concerning future blood donations, follow-up questions or any other legitimate purpose, including communications via email, auto-dialer, pre-recorded messages and/or auto-text messaging to the cellphone number(s) and other contact information provided.**

Student’s Name: **(Print)** \_\_\_\_\_

Parent/Guardian Name: **(Print)** \_\_\_\_\_

Parent/Guardian Name: **(Signature)** \_\_\_\_\_

Date of Approval: **(Month/Day/Year)** \_\_\_\_\_

**Phone #** where Parent/Guardian can be reached: \_\_\_\_\_

**Join us in transforming lives by giving blood!**

\*\*\*\*\*

**Completed by center staff (optional):** Collection Site Code: \_\_\_\_\_ DIN: \_\_\_\_\_