San Diego Blood Bank
High School Blood Drive
Workbook
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You and the other students at your school are the future of our community’s blood supply.

We know that people who begin donating in high school are more likely to keep giving throughout the rest of their lives. During the school year high schools provide 17 percent of the blood donated through the San Diego Blood Bank! More than 100,000 hospital patients in the Southern California region count on us to make sure there is always blood available.

Donating blood and coordinating your school’s campaign are great exercises in leadership and volunteer service. They’re also great activities to put on your college application or on your resume. In addition you can participate in the High School Challenge to win a grant for your school or a student can win an individual scholarship. You can also accumulate points for our on-line store and reward your blood drive team members.

The pages in this binder will give you everything you need to coordinate a drive at your school. But, we don’t expect you to do it by yourself. Your San Diego Blood Bank contact who specializes in coordinating high school blood drives will help you along the way.

Your San Diego Blood Bank contact is: ________________________________

Office phone ___________________ Cell phone ________________________

Email __________________________

Secondary contact person at SDBB: ________________________________
1. Commit to participate in the High School Challenge

2. Form a committee of talented people to assist in your recruiting efforts.

3. Encourage pre-scheduling of appointments on-line.
Benefits of Participating in the High School Challenge

Lives Depend On It
Blood drive coordinators will be educated about the impact blood donations have on patient’s lives. Each pint of blood can save up to two lives.

High School Blood Drive Workbook
Coordinators will have access to a workbook, which provides simple guidelines for hosting a successful blood drive.

Access to mySDBB.org
Coordinators will have access to special recruitment tools on mySDBB.org. Tools include online scheduling and reports on your previous blood drives.

Access to Online Drive Coordinator Store
Coordinators will earn points for hosting each blood drive and bonus points for achieving their blood drive goals.

Customized Marketing Materials
Coordinators will receive customized marketing materials for their specific drives. Materials include email flyers, paper flyers, posters, banners and patient stories.

Invitation to High School Blood Drive Workshop
Blood Drive Committees will be invited to a special workshop where you will learn best practices and how to run a successful blood drive.

Subscription to SDBB E-Newsletter
Coordinators will receive our email newsletter.

Enrollment in High School Challenge Program
Participating schools and their students will be eligible for grant and scholarship money. Please refer to the “High School Challenge” section of the workbook for further details.

Quarterly and Annual Goal Statements
Coordinators will receive a quarterly and annual report that reflects their blood drive collection goals and their actual collection results.

Invitations to Appreciation Event
Each blood drive coordinator who hosts three successful drives in a 12 month period, will be invited, along with their teammates to our annual coordinator appreciation event.

Recognition at Appreciation Event
Drive coordinators who host three drives and meet their annual goal for the year will be presented a special award at the annual coordinator appreciation event.
The San Diego Blood Bank High School Challenge is a program aimed at recruiting blood donors at local high schools.

The goal of San Diego Blood Bank High School Challenge is to spark the interest of young donors with the hope of maintaining that commitment for years to come.

Here’s how it works.

Throughout the year, your school’s blood drive achievements will be posted and updated on the San Diego Blood Bank’s website. Students can track their school’s standing in several categories, including highest number of donations for the entire year and highest school performance ratio for the year.

You will also be able to monitor other school’s blood drive activities online to see how your achievements measure up.

Each school’s achievements will be tallied at the end of the school year. Winners will be announced on our website.
San Diego Blood Bank Scholarship/Grant Programs

SCHOLARSHIP PROGRAM

Nine $500 scholarships will be awarded. Any high school blood drive committee member is eligible to apply for SDBB scholarship opportunities. Contact your Account Marketing Manager for more information. See the Scholarship Eligibility and Application Requirements for details.

GRANT PROGRAM

Component 1 – Annual Goal

IMPORTANT: To be eligible for the High School Challenge Grant Programs, the participating high school must conduct at least three blood drives with San Diego Blood Bank from August 1 – June 10 and achieve their annual goal.

High schools will be divided into 5 groups based on senior class population (data to be obtained in September). Any school that meets their annual goal will receive a grant award* as follows:

<table>
<thead>
<tr>
<th>Senior Class Size</th>
<th>Grant Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-150</td>
<td>$500</td>
</tr>
<tr>
<td>151-300</td>
<td>$600</td>
</tr>
<tr>
<td>301-450</td>
<td>$750</td>
</tr>
<tr>
<td>451-600</td>
<td>$1000</td>
</tr>
<tr>
<td>600+</td>
<td>$1250</td>
</tr>
</tbody>
</table>
The High School Challenge Program

Component 2 – Highest Number of Collected Units

Each high school will be eligible to win the grant amount specified for its population group by, achieving the highest number of collected units during the period August 1 – June 10 and attaining goal. One award will be given at each level. The groups and grant award* amounts are:

Highest Number of Donations per school year

<table>
<thead>
<tr>
<th>Senior Class Size</th>
<th>Grant Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-150</td>
<td>$1000</td>
</tr>
<tr>
<td>151-300</td>
<td>$1200</td>
</tr>
<tr>
<td>301-450</td>
<td>$1500</td>
</tr>
<tr>
<td>451-600</td>
<td>$2000</td>
</tr>
<tr>
<td>600+</td>
<td>$2500</td>
</tr>
</tbody>
</table>

*Note: FDA regulations prohibit San Diego Blood Bank from issuing actual checks or cash as an award to winning high schools. Rather, San Diego Blood Bank makes checks payable directly to vendors providing goods or services to the winning schools. Please contact your San Diego Blood Bank Account Marketing Manager for more details.
The High School Challenge Program

San Diego Blood Bank Student Scholarship Program Eligibility and Application Requirements

To be eligible for the Student Scholarship:

• Applicant’s high school must hold at least one blood drive during the school year, and applicant must participate in the planning and execution of successful blood drives at his/her high school.
• Applicant must maintain a minimum 2.5 GPA.
• Applicant must demonstrate leadership by encouraging blood donations and increasing student participation at his/her high school.
• Applicant must plan to attend an institution of higher learning in the year following the scholarship.

How to Apply for the Scholarship:

• Complete San Diego Blood Bank High School Challenge Scholarship Application.
• Official high school transcript
• A letter of recommendation from non-relatives (letter must specify actual relationship with applicant)
• One page, single-spaced essay which includes strategies that were used to encourage blood donations and increasing student blood drive participation at applicant’s high school
• All application materials must be postmarked or hand-delivered no later than April 1 in one envelope to:

San Diego Blood Bank
Attention: Director, Donor Recruitment
3636 Gateway Center Avenue, Suite 100
San Diego, CA 92102

San Diego Blood Bank Student Scholarship Program Eligibility and
Selection Process:

• A committee selected by San Diego Blood Bank will choose the High School Challenge Scholarship recipients. Each application will be validated for confirmation of blood drive participation as stated in the essay by a San Diego Blood Bank Account Marketing Manager. Essays misrepresenting the applicant’s actual level of participation or effectiveness will be disqualified.

• The winners will be selected by review of all contents submitted with specific focus on the essay and letters of recommendation.

• The selection of scholarship winners will not be based on gender, race, creed, national origin, religion or sexual orientation.

After scholarship recipients are selected and notified, award checks will be sent directly to the educational institution that the student designates.
# San Diego Blood Bank Scholarship Application Form

<table>
<thead>
<tr>
<th>STUDENT NAME</th>
</tr>
</thead>
<tbody>
<tr>
<td>ADDRESS</td>
</tr>
<tr>
<td>CITY, STATE, ZIP CODE</td>
</tr>
<tr>
<td>PHONE</td>
</tr>
<tr>
<td>EMAIL ADDRESS</td>
</tr>
</tbody>
</table>

## SCHOOL INFORMATION

<table>
<thead>
<tr>
<th>NAME OF SCHOOL</th>
</tr>
</thead>
<tbody>
<tr>
<td>ADVISOR / CHAIRPERSON</td>
</tr>
<tr>
<td>ADDRESS</td>
</tr>
<tr>
<td>CITY, STATE, ZIP CODE</td>
</tr>
<tr>
<td>PHONE</td>
</tr>
<tr>
<td>EMAIL ADDRESS</td>
</tr>
<tr>
<td>FAX</td>
</tr>
<tr>
<td>AFFILIATED GROUP (I.E. ASB, KEY CLUB)</td>
</tr>
</tbody>
</table>

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Please send to:
San Diego Blood Bank
Attention: Director, Donor Recruitment
3636 Gateway Center Avenue, Suite 100
San Diego, CA 92102
San Diego Blood Bank announces a new High School Red Cord For Life Program. The program awards students who give multiple blood donations at high school blood drives. Eligible students will be awarded San Diego Blood Bank Red Cords that they may wear at graduation.

Eligibility and Requirements:

- The student must have donated five or more times at their high school blood drives with the San Diego Blood Bank by the end of their senior year.

- A regular blood donation equals one unit. Double red cell donations equal two units.

- Students that are not eligible to donate blood can participate in this program by recruiting five donors (other than students, faculty or staff) to give at your school blood drives.

Eligible seniors will be determined by the chairperson after reviewing the San Diego Blood Bank list of qualifying donors.

Red cords will be provided before your award night event or graduation. If requested, a San Diego Blood Bank representative will be available to present the red cords to students at the awards event.
Timeline at a glance...

1 Year to 6 Months
- Sign High School Challenge
  Pledge Sheet And Set Annual Goal
  (total number of pints you will collect this year)
- Schedule Blood Drive Dates
- Select Blood Drive Team
  (one team member for every 10 pints collected)
- Reserve Blood Drive Locations

10 Weeks to 8 Weeks
- Confirm Blood Drive Details
  (Hours, Location, Main Contact)
- Plan Promotions with Blood Drive Team
- Order Promotional Materials

6 Weeks to 4 Weeks
- Schedule meeting with SDBB Account Manager
- Receive Promotional Materials
- Host Kick-Off Meeting
- Train Team Members
- Forward 1st Blood Drive Email Flyer to Potential Donors

3 Weeks to 2 Weeks
- Set up Speaking Engagements
  (with your account manager) and Sign-up Tables
- Distribute and Post Promotional Materials
- Begin Scheduling Donors

2 Weeks to 1 Week
- Forward 2nd Blood Drive Email Flyer to Potential Donors
- Fill Appointment Schedule
- Confirm Team Member Roles for Day of Drive
Day Before Drive
- Clear Furniture from Room or Cone Off Bloodmobile Parking
- Complete updated donor schedule.

Day of Drive
- Post Directional Signs and Banners
- Meet Blood Bank Staff Upon Arrival
- Give Copy of Donor Schedule to Blood Drive Team Lead
- Call Missed Appointments
- Recruit Additional Donors if Necessary

Day After Drive
- Evaluate Results with Account Marketing Manager
- Confirm Next Blood Drive

3 Days to 1 Day
- Confirm Room Set-Up and Parking Reservations (See Site Requirements)
- Remind Security of Drive and Obtain Security Badges for Staff (if necessary)

Timeline at a glance...
Where to hold your blood drive...?

Your SDBB contact will help you determine the best location for your blood drive. There are two options – it could be an inside room set-up (if space allows) or a bloodmobile(s) outside.

If space is available, we encourage you to host your drives inside in order to provide the best possible experience for your donors.

**Room Set-Up Requirements:**

- A clean, large space with adequate lighting, ventilation, temperature control and electrical outlets. Most schools use their gym.
- Tables and chairs for registration, canteen and staff use (extra furniture must be moved out of the room before the start of the drive).
- Telephone access.
- Clean restrooms with hand washing facilities (running water) nearby.
- Easy access for loading and unloading.
- High visibility and easy access for donors!

**Bloodmobile Requirements:**

- A level parking space – 12’ x 50’ is the minimum required. A full-size bloodmobile is 42 feet long, 12 feet high and 12 feet wide for about 7 – 10 parking spaces. The parking location should be close to your building, visible and convenient for donors.

- The bloodmobile must be able to park so that donors waiting outside are safe (doors to curb) from traffic.

- Restrooms are required with hand washing facilities with running water within walking distance of bloodmobile.

- If your blood drive is open to the public, also consider accessibility, available parking and the positioning of promotional and directional signs.
Benefits of Forming a Blood Drive Team Worksheet:

- Reduce the amount of work for one individual
- Bring in new ideas
- Expand outreach

Forming the right blood drive team is instrumental to the success of your drive. Team members will help organize and promote the event, as well as help recruit donors. When selecting team members, look for people who are positive, motivated, committed and passionate about the cause.

Blood Drive Team Roles:

- Blood Drive Coordinator: Leads the blood drive program and serves as the main contact with the San Diego Blood Bank. The coordinator schedules the blood drives, oversees the progress toward the annual goal and handles the logistics of the drives. Your Blood Drive Coordinator: _______________________

- Recruitment/Scheduling Coordinator: Leads the effort to recruit and schedule appointments for blood donors. Your Blood Drive Recruitment/Scheduling Coordinator: _______________________

- Promotions Coordinator: Distributes and posts promotional materials. Solicits ideas and coordinates ways to make blood drive fun, such as theme / decorations, treats and music. Your Blood Drive Promotions Coordinator: _______________________

Volunteer Roles:

- Volunteer Coordinator: Organizes the volunteers who will assist and staff the sign-up tables, recruit donors and welcome donors at the registration table. Your Volunteer Coordinator: _______________________

- Screener(s): Greet donors and check for photo ID and permission slip. Answer general questions about donation process and requirements.

- Check-in Volunteer(s): Show donors how to fill out donor card and attached materials.

- Runner(s): Go to classes to get students during their scheduled appointment time.

- Traffic Directors(s): Direct Donors to appropriate stations during donation.

- Canteen Volunteer(s): Serve refreshments and monitor donors’ time in canteen. Thank each donor and provide him/her with certificate of donation.
High School Blood Drive Teams – Positions and Tasks

Blood Drive chairperson
- Oversees all committees
- Signed permission slips needed day of drive- put in a notebook alphabetically
- Birthday list from office needed day of drive (name and birthday of all students that are 17 years old and older)
- Yearbook needed for the day of the drive at the registration table
- All students working day of drive should consider wearing school spirit wear
- Have FUN with planning the drive and MAKING IT YOUR EVENT

Recruiters
- Staff sign up tables to get appointments
- Make reminder cards for all donors to passout the day of drive
- Reminder calls to students the night before if appointments are not in MySDBB
- MySDBB user name will be the teacher’s first initial and last name suggested password will be your school mascot. Then you can add all your appointments to the list with phone numbers

Set up and take down (this committee should include all students helping out)
- Give Custodian a list of tables and chairs needed, fans if necessary
- Give a diagram of set up to your SDBB contact for the staff to set up the room

Registration
- Check in at the Blood Drive
- Give them registration cards
- Must have photo ID with them

Traffic Director(s)
- Direct Donors to appropriate stations during donation.

Runners
- Students available to go to classrooms to give out reminder cards for students to come to appointment
- Give teachers a list of students who will be giving blood

Hand Holders (one person per bed)
- Standing by the beds and having conversation with students to comfort them and escort them to the canteen

Canteen
- Students to hand out juice and cookies after donation
- Mark down time of student to be released from canteen
High School Blood Drive Teams – Positions and Tasks

• Students watch for reactions and ring a bell for assistance
• One student should take charge of the canteen and review canteen guidelines with the charge nurse

Music/PA System
• Please have respectable music everyone enjoys

Marketing
• Students get out all Marketing Materials, make posters, School announcements/TV
• Make sure it gets on the school marquee
• Balloons the day of drive, decoration if you have a theme

Security at door
• No loitering or just hanging out all day if they are not in ASB

School Nurse contact
• Please contact school nurse and let them know about the blood drive
• Day of drive bring snacks and juice to nurses office
• Exchange phone numbers with school nurse and SDBB nurse day of drive
Publicize your blood drive….

What if you held a party and nobody came? Blood drives are the same – people can’t come if they don’t know about it. We KNOW high school-ers are really good at publicizing parties… so just look at this as a big party that helps a lot of people.

Brainstorm with your committee to come up with ways to let students, faculty, staff, parents and alumni know about the drive – time and date - and the ways to sign up. You can sign people up face-to-face, at tables around the quad during lunch, or they can go on-line and sign up on their own. Make sure to encourage them to make appointments.

Between Facebook, Twitter and other social media tools, along with the old fashioned ones like posters and classroom announcements - this is where you get to be creative.
Marketing Materials

Posters and Flyers
11 x 17 posters are great for elevator banks, lobbies, entry ways, and break rooms.

8.5 x 11 flyers work well on bulletin boards, reception desks, and other places with limited space.

Blood Drive
Rancho Vista High School
Friday, July 17, 2011. 12 pm to 5 pm

In the parking lot at:
1152 W. Bernardo Court, San Diego 92127

When scheduling an appointment online, please log on to www.sandiegobloodbank.org, click on "appointments" and provide sponsor code: RHRB.

Please contact Carly McCormick at (858) 385-5601 for more information.

Use the points you accrue by donating blood to purchase Outback, Submarina and Domino’s gift cards, as well as movie tickets and much more! Visit sandiegobloodbank.org and click on the Store.

Please eat a good meal and drink plenty of fluids before donating blood. All donors must show proof of identification. Please pass this information on to a friend if you have given blood in the last eight weeks (16 weeks for double red cell donations).
Donation Authorization Form for 16 Year-Old Blood Donors

**IMPORTANT INFORMATION FOR PARENTS**

**Instructions:**
Parent or Legal Guardian must complete and sign the top portion of the form (above the dotted line). Physician must authorize and sign the bottom portion of the form (below the dotted line).

**PARENT / LEGAL GUARDIAN AUTHORIZATION**

I ___________________________________________, ________________
Printed Name of Parent or Legal Guardian Relationship
give my consent for _________________________________ to donate blood.
Printed Name of Donor

__________________________________________
Parent or Legal Guardian Signature Date

For more information visit [www.sandiegobloodbank.org](http://www.sandiegobloodbank.org) or call 1-800-4MY-SDBB (1-800-469-7322)

**PHYSICIAN AUTHORIZATION**

I ___________________________________________ give my authorization
Printed Name of Physician

for _________________________________ to donate blood.
Printed Name of Donor

__________________________________________
Physician Signature Date
Making appointments...

Once you have your location, goals and committees all chosen and up and running – you should focus on making appointments.

Your recruitment team can make appointments for students by going to our website. Here’s how to access on-line appointments...

• Go to mysdbb.org

• Enter your advisor’s username (example TSmith) and password.

• Follow the steps to add a donor (use all zeros for the phone number 000-000-0000)

• Now that you have an account, follow the instructions on the next few pages to make appointments.
Under "Upcoming Drives", click on "Schedule App" under "Action".
Under “Search for a Donor,” enter first and last name or click on “View an Alphabetical List of Donors.”
If donor's name is not found, then "Create New Donor". Enter first name, last name, and either an email address or phone. Then, click "Create Donor".
Time slot. Select time slot donor requested or first available.

Under "Select a Time" click on the drop down arrow next first available.
Blood drive coordinators will accumulate points for every successful donation at their drive. In addition, they will receive bonus points for meeting or exceeding goal and by hosting drives on critical dates. Points can be redeemed on the SDBB On-line Store.

The store features items such as movie tickets and restaurant gift cards. Coordinators are encouraged to share these items with their blood drive committee members or with donors at their next drive. They make great raffle prizes!

**Student blood drive points system**

Site coordinators will earn 10 points per successful donation at their drive.

*BONUS POINTS:*
Total points are doubled if coordinator meets or exceeds goal.

**Example:**
ABC School is hosting a drive, with a goal of 30 donations. They collect 35 pints, five donations over their goal. They receive 350 points for total donations collected (35 donations x 10 points/donation). Plus, they receive an additional 350 bonus points (double the total points) for meeting and exceeding their goal. Total points awarded: 700
Chairperson Checklist for an Inside Blood Drive

The following task list should be completed the **day before your blood drive**.

Once you have completed this checklist, please give it and your appointment sheet to the SDBB team lead who arrives with San Diego Blood Bank staff on the day of your blood drive.

**Reminders:**
- Notify your San Diego Blood Bank contact of any last minute changes.
- Meet the equipment truck driver 1 1/2 hours before the start of the drive so they can unload equipment.
- Make sure the room is cleared.
- There should be about 30 to 50 chairs and six to ten tables placed in room depending on size of drive.
- Meet the team lead at the blood drive 45 minutes before start of drive and give your school nurse’s telephone number to her/him.
- Make sure restrooms are available and will remain open for the duration of the drive.
- Have a plan to call missed appointments and recruit additional donors if necessary.
Chairperson Checklist for a Bloodmobile

The following task list should be completed the day before your blood drive.

Once you have completed this checklist, please give it and your appointment sheet to the SDBB team lead who arrives with San Diego Blood Bank staff on the day of your blood drive.

Reminders:
- Make sure a level parking space has been designated and blocked off for the bloodmobile(s). (Approximately 8 level parking spaces)
- Your San Diego Blood Bank contact has been notified of any last minute changes.
- Meet the team lead at the blood drive 45 minutes before start of drive and give your school nurse’s telephone number to her/him.
- Restrooms are available and are to remain open during blood drive.
- Have a plan to call missed appointments and recruit additional donors if necessary.
- There should be 15 chairs and 2 tables placed outside where the bloodmobile is parked.
Donation Process

Deciding to give blood is quite possibly more difficult than the action itself. Anxiety about a new experience and fear of the unknown causes many people to think twice about giving blood.

Be assured: Giving blood is safe, easy and it saves lives. Since the needle is sterile and used only once, it is impossible to contract any disease by donating blood.

To donate you must be at least 17 years old, in good health and weigh at least 110 pounds. A good meal is recommended prior to your donation. The donation process involves four steps and takes about an hour.

1. Registration
Valid identification, such as a driver’s license or student picture I.D., is needed. You will also be asked for your name, address, phone number and the last four digits of your Social Security Number (optional).

2. Medical History and Mini-Physical
A medical interviewer will ask you a series of confidential medical questions to determine your eligibility to donate. Then, your temperature, pulse, blood pressure and iron level will be checked. Low iron is the most common cause of blood donor deferral. To avoid low iron donors should eat iron rich foods (see iron rich food info in this workbook).

3. The Blood Donation
A nurse will cleanse and sterilize your arm before inserting a needle that will cause a slight, momentary sting. The needle is sterile, used only for your donation, then disposed. After five to seven minutes, you will have given a lifesaving pint of blood for a patient in need.

4. Rest and Refreshments
Relax and enjoy fruit juice and assorted snacks for 15 minutes. Indulge yourself for a deed well done!
**General Requirements for Blood Donation**  
*(Please note this list is not complete and requirements can change)*

### BASIC REQUIREMENTS
- **Age**: at least 17 yrs old  
  (16-year-olds can donate with authorization from parent or legal guardian and physician; if over 85 yrs. old, need authorization from physician)
- **Weight**: at least 110 lbs
- **Health**: general good health, feel well and healthy
- **Identification**: valid identification with picture, such as, driver’s license, passport, DMV identification card, etc.
- **Have no active cold or flu-like symptoms**

### RESTRICTIONS  
**DO NOT donate if any of the following apply to you:**
- **HIV or AIDS** - tested positive for HIV or have AIDS
- **Hepatitis** - after the age of 10  
  Hepatitis B or C Virus - at any age
- **Blood Cancers** (leukemia, myeloma, lymphoma, Hodgkin)
- **Hemochromatosis**
- **Corneal Transplant**
- **European Countries** - spent time that adds up to 5 yrs. or more since 1980
- **U.S. Military/Dependents/Civilian Military Employee** - spent a total time of 6 months or more from 1980-1996 associated with a military based in Spain, Portugal, Turkey, Italy, or Greece and/or 1980-1990 in Belgium, the Netherlands, or Germany
- **Recreational Drugs** - injected drugs not prescribed by a physician
- **Blood Transfusion** - in the United Kingdom or France from 1980 to present
- **United Kingdom** - spent time that adds up to 3 months or more from 1980-1996
- **CJD** - had a blood relative diagnosed with Creutzfeldt-Jakob Disease (CJD)
- **Tegison** - taken for severe psoriasis

### TRAVEL RESTRICTIONS  
*These may affect your eligibility for blood donation:*
- **Malaria Areas** - Travel/Visit (less than 5 consecutive years) - wait 1 year after leaving area
  
  Lived/Immigrated (5 consecutive years or more) - wait 3 years after leaving area

### MEDICAL PROCEDURES  
*You may need to wait before donating blood if you have any of these procedures:*
- **Acupuncture** - no wait if sterile, single use equipment used, otherwise wait 1 year
- **Blood Transfusion (ask us about clotting factors)** - 12 months
- **Dental (Cleaning, Scaling, Filling)** - next day  
  **Dental (Root Canal, Tooth Extraction)** - 3 days
- **Ear and Body Piercing** - wait 4 months if sterile, single use equipment used, otherwise wait 1 yr
- **Endoscopy with biopsy** - 4 months
- **Heart Surgery (Angioplasty, Bypass Surgery, Stent)** - 6 months and no heart symptoms  
  **Surgery** - healed and reason permits
- **Tattoo, Cosmetic Tattoo** - if performed in California contact us regarding criteria; if performed outside of California wait 1 yr after procedure

### MEDICAL CONDITIONS  
*You may need to wait before donating blood if you have any of these conditions:*
- **Allergy** - no wait and no infection  
  **Asthma** - no wait if no symptoms
- **Cancer, Melanoma, treated** (except blood cancers) - 1 yr (no wait if type of skin cancer is known)
- **Diabetes** - no wait if medically controlled
- **Heart Disease** (Angina, Heart Attack, MI) - 1 year with no symptoms
- **Hepatitis Contact** - depends on type and exposure
- **Malaria** - 3 yrs after no symptoms  
  **Immigration from Malaria area** - 3 yrs after departure  
  **Travel to Malaria areas** - 1 yr after departure
- **Pregnancy/Abortion/Miscarriage** - 6 weeks after delivery, abortion, or miscarriage
- **Strokes** - 1 yr

### IMMUNIZATIONS AND VACCINES  
*These may affect your eligibility for blood donation:*
- **Flu/Pneumonia** - no wait if no active symptoms and feeling well and healthy
- **Hepatitis A** - no wait if for prevention  
  **Hepatitis B Immune Globulin (HBIG)** - 12 months  
  **Hepatitis B** - 4 weeks after injection if for prevention
- **Human Papilloma (HPV) or Gardasil** - no wait
- **MMR (measles, mumps, and rubella)** - 4 weeks  
  **Rubella (German Measles)** - 4 weeks  
  **Rubeola (Measles)** - 2 weeks
- **Tetanus** - no wait
- **Varicella Zoster (chicken pox prevention)** - 4 weeks  
  **Zostavax (Shingles)** - 4 weeks

### MEDICATIONS  
*These may affect your eligibility for blood donation:*
- **Accutane, Amnesteem, Claravis, Sotret, Isotretinoin** - 1 month
- **Antibiotics** - 24 hours after last dose, symptom-free; no wait if for prevention or acne
- **Anticoagulants** (Coumadin, Warfarin, Heparin, Pradaxa, etc.) - 14 days if reason permits
- **Antiplatelet Medicines** (Ticlid, Plavix, Effient, Pletal, etc.) - platelet donors must wait 14 days; no wait for other types of donations, if reason permits
- **Aspirin** - platelet donors must wait 48 hours; no wait for all other types of donations if feeling well and healthy
- **Avodart, Jalyn, dutasteride** - 6 months
- **Blood Pressure Medication** - no wait if blood pressure controlled and meets requirements of equal to or below 180/100
- **Depression Medication** - no wait if feeling well
- **Feldene, piroxicam** - platelet donors must wait 48 hrs; no wait for other types of donations if feeling well and healthy
- **Soriatane, acitretin** - 3 yrs
- **Thyroid Medication** - no wait if condition stable

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**Resources**

**Call us if you have any specific questions about your eligibility to donate blood**

1-800-4MY-SDBB  
(1-800-469-7322)
**In a Malaria Area:**
- **Lived or emigrated for 5 consecutive years or more** — can donate after 3 years
- **Less than a 5 year visit** — can donate after 1 year

**England** — cannot donate if spent time that adds up to 3 months or more in the U.K. from 1980 through 1996
(England, N. Ireland, Scotland, Wales, Isle of Man, Channel Islands, Gibraltar, Falkland Islands)

**Europe** — cannot donate if spent time that adds up to 5 years or more in European countries (including time in the U.K.) since 1980

**Iraq** — can donate after 1 year after leaving

**Military** — cannot donate if spent 6 months or more on military bases in northern Europe from 1980-1990 or Southern Europe 1980-1996

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**Frequently Traveled Areas**

*This list is not complete. Please ask us about other travel outside of the U.S. and Canada*

<table>
<thead>
<tr>
<th>OK TO DONATE</th>
<th>NOT OK TO DONATE – 1 YEAR WAIT AFTER VISIT</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CHINA</strong></td>
<td><strong>COSTA RICA</strong></td>
</tr>
<tr>
<td>Cities and popular tourist areas, including Yangtze River</td>
<td>Any area in Alajuela province</td>
</tr>
<tr>
<td><strong>COSTA RICA</strong></td>
<td>Any area in Heredia province</td>
</tr>
<tr>
<td>Cartago in Cartago Province</td>
<td>Any area in Guanacaste province</td>
</tr>
<tr>
<td>Limon City in Puerto Limon</td>
<td>Any area in Puntarenas province</td>
</tr>
<tr>
<td><strong>MEXICO</strong></td>
<td><strong>MEXICO</strong></td>
</tr>
<tr>
<td>Acapulco</td>
<td>Ciudad Obregon</td>
</tr>
<tr>
<td>Baja</td>
<td>Costa Maya</td>
</tr>
<tr>
<td>Cancun</td>
<td>Huatulco</td>
</tr>
<tr>
<td>Chichen-Itza</td>
<td>Huatulco resorts</td>
</tr>
<tr>
<td>Cozumel</td>
<td>Tulum</td>
</tr>
<tr>
<td>Guadalajara</td>
<td>Rural areas of the states of: Nayarit, Oaxaca and Sinaloa</td>
</tr>
<tr>
<td>Guaymas</td>
<td>Risk along the Guatemala and Belize borders of the states of: Chiapas, Tabasco and Quintana Roo</td>
</tr>
<tr>
<td>Isla Blanca</td>
<td>Playa del Carmen</td>
</tr>
<tr>
<td>Isla Contoy</td>
<td>Puerto Penasco</td>
</tr>
<tr>
<td>Isla Mujeres</td>
<td>Puerto Vallarta</td>
</tr>
<tr>
<td>Ixtapa</td>
<td>Yelapa</td>
</tr>
<tr>
<td>Los Mochis (city only)</td>
<td>Zamora</td>
</tr>
<tr>
<td>Manzanillo</td>
<td>Zihuatanejo</td>
</tr>
<tr>
<td>Mazatlán (city only)</td>
<td></td>
</tr>
<tr>
<td>Mexico City</td>
<td></td>
</tr>
<tr>
<td>Nuevo Vallarta (resort only)</td>
<td></td>
</tr>
</tbody>
</table>
Answers to questions student athletes might have about donating.....

Q: I am on a sports team. Can I safely give blood?
A: Yes. Athletes make exceptionally good blood donors. However, on the day you donate we want you to avoid strenuous, muscle activity such as lifting, pushing or picking up heavy objects for 12 hours after giving blood. Drink an extra four glasses (8 ounces) of non-caffeinated, nonalcoholic liquids on that day as well. These recommendations are the same for all blood donors, whether they actively participate in sports or not.

Q: Can I practice or compete right after giving blood?
A: No. It takes approximately 24 hours for your body to replace the volume of blood donated. Because your body contains more blood than needed, this does not affect your overall strength or ability to perform. Even after a blood donation, there are still plenty of red cells that remain. Stick to a light practice and drink extra fluids so you don’t become dehydrated.

Q: Why is it important that I give blood?
A: Each day, hundreds of patients in our community need blood. One donation can help treat two patients. Blood is usually separated into components: red cells that help patients that have experienced an accident and patients with blood disorders; platelets control bleeding in patients with cancer and leukemia, and plasma helps patients suffering from burns. We need to collect 400 units of blood a day to supply our hospitals on a daily basis.
How to access the SDBB donor website - MySDBB

You can schedule appointments, view your wellness profile (blood pressure, pulse and cholesterol screening) and your donor history once you sign up. Here's how to sign up:

1. Instruct donors to visit sandiegobloodbank.org and click on MySDBB.

2. If the donor is an existing member, they can log in using their donor ID and password.

3. If they are a new donor, they should click on the “Not Yet a Donor” link and fill out the brief online form.

4. Once logged in, donors can click on the “Schedule an Appointment” link and enter your sponsor code. This will take them directly to the appointment slots for your blood drive.

5. After the first donation, students will have a donor ID number and will be able to view their Wellness Profile and see their store points which allows them to purchase items in the on-line store.
Iron Rich Foods for Blood Donors

The average woman needs 18 mg. iron a day. The average man needs 10 mg; infants and children need 10-15 mg. Use the worksheet below to figure out how much iron you eat every day. If you are not getting enough iron, you may want to change your eating habits. If you are unable to include more iron-rich food in your diet, check with your physician about a possible iron supplement.

<table>
<thead>
<tr>
<th>FOOD</th>
<th>AMOUNT</th>
<th>AVG. MG. IRON</th>
</tr>
</thead>
<tbody>
<tr>
<td>GRAINS</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bread - White or Whole Wheat</td>
<td>1 slice</td>
<td>0.5</td>
</tr>
<tr>
<td>Muffin - Bran English</td>
<td>1</td>
<td>1.5</td>
</tr>
<tr>
<td>Tortillas</td>
<td>1</td>
<td>1.5-1.9</td>
</tr>
<tr>
<td>Cereal - Cooked Dry Wheat Germ</td>
<td>1/2 cup</td>
<td>0.7</td>
</tr>
<tr>
<td></td>
<td>3/4 cup</td>
<td>read label</td>
</tr>
<tr>
<td></td>
<td>1/2 cup</td>
<td>4</td>
</tr>
<tr>
<td>MEAT</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Organ Meats</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Liver</td>
<td>3 oz.</td>
<td>7</td>
</tr>
<tr>
<td>Liver Sausage</td>
<td>3 oz.</td>
<td>8-9</td>
</tr>
<tr>
<td>Shellfish</td>
<td>3 oz.</td>
<td>4-6</td>
</tr>
<tr>
<td>Red Meats</td>
<td>3 oz.</td>
<td>4-5</td>
</tr>
<tr>
<td>Fish &amp; Poultry</td>
<td>3 oz.</td>
<td>4</td>
</tr>
<tr>
<td>MEAT SUBSTITUTES</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tofu</td>
<td>4 oz.</td>
<td>2-3</td>
</tr>
<tr>
<td>Seeds - Sunflower Pumpkin</td>
<td>1 oz.</td>
<td>2.3</td>
</tr>
<tr>
<td>Cooked dry peas</td>
<td>1 oz.</td>
<td>2</td>
</tr>
<tr>
<td>Lentils</td>
<td>1/2 cup</td>
<td>2-3</td>
</tr>
<tr>
<td>Lima Beans</td>
<td>1/2 cup</td>
<td>2-3</td>
</tr>
<tr>
<td>Beans</td>
<td>1/2 cup</td>
<td>2-3</td>
</tr>
<tr>
<td>Egg</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Nuts</td>
<td>1/3 cup</td>
<td>0.5-2.0</td>
</tr>
<tr>
<td>Peanut Butter</td>
<td>1 tbsp.</td>
<td>0.3</td>
</tr>
<tr>
<td>FRUIT</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Watermelon</td>
<td>6” x 1/2” slice</td>
<td>3</td>
</tr>
<tr>
<td>Strawberries</td>
<td>1 cup</td>
<td>1.5</td>
</tr>
<tr>
<td>Banana</td>
<td>1 cup</td>
<td>1</td>
</tr>
<tr>
<td>DRIED FRUIT</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Raisins, Dates, Prunes, Figs, Apricots</td>
<td>1/2 cup</td>
<td>1.5</td>
</tr>
<tr>
<td>JUICES (Canned)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Prune Juice</td>
<td>3/4 cup</td>
<td>7.4</td>
</tr>
<tr>
<td>Tomato Juice</td>
<td>3/4 cup</td>
<td>1.6</td>
</tr>
<tr>
<td>Apple Juice</td>
<td>3/4 cup</td>
<td>1.1</td>
</tr>
<tr>
<td>VEGETABLES</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dark Leafy Greens (spinach, collards, kale) Cooked</td>
<td>1/2 cup</td>
<td>3</td>
</tr>
<tr>
<td>Raw</td>
<td></td>
<td></td>
</tr>
<tr>
<td>MISCELLANEIOUS</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Molasses Brewer’s Yeast (dry)</td>
<td>1 tbsp.</td>
<td>3.2</td>
</tr>
<tr>
<td></td>
<td>1 tbsp.</td>
<td>1.4</td>
</tr>
<tr>
<td>FAST FOODS</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pizza (cheese or pepperoni) Hamburger</td>
<td>1/2 of 10” pizza</td>
<td>4.5-5.4</td>
</tr>
<tr>
<td>Burrito - Beef</td>
<td>1</td>
<td>2.5</td>
</tr>
<tr>
<td>Burrito - Bean</td>
<td>1</td>
<td>4.6</td>
</tr>
<tr>
<td>Taco</td>
<td>1</td>
<td>2.8</td>
</tr>
<tr>
<td></td>
<td>1</td>
<td>2.9</td>
</tr>
</tbody>
</table>
Facts about blood donation.....

In the United States, a blood transfusion takes place every two seconds. To adequately supply the Southern California hospitals served by the San Diego Blood Bank, approximately 400 donations are needed every day.

One donation can save multiple lives

Donated blood is separated into components that can be used for more than one patient. Red blood cells control anemia. Platelets help blood clot and are needed by patients undergoing chemotherapy. Plasma is used for burn victims.

Giving blood is safe, easy and it saves lives

Everything used in the donation process is sterile, disposable and used only once. You cannot contract any disease by giving blood.

You can give in many ways, many times

- A whole-blood donor can donate every 56 days, or six times a year.

- An apheresis ("Super") donor can donate up to 24 times a year. A Super Donation is an automated collection of platelets, plasma or red cells. Donors who participate in this program are designated as Super Donors because they pledge to donate for patients in need of blood components due to leukemia or other disorders, or due to an organ transplant or open heart surgery.

- An autologous donation (blood given before one’s own planned surgery) may be possible regardless of weight, age or medical history.

You have a lot to give

The average size man has 12 pints of blood. The average size woman has 10 pints.

- Each whole blood donation is one pint.

- Seven percent of your body weight is blood.

- When you donate blood, your body immediately begins to restore the blood that was given.

<table>
<thead>
<tr>
<th>Blood Types in the US Population</th>
</tr>
</thead>
<tbody>
<tr>
<td>O+</td>
</tr>
<tr>
<td>A+</td>
</tr>
<tr>
<td>B+</td>
</tr>
<tr>
<td>AB+</td>
</tr>
<tr>
<td>Condition</td>
</tr>
<tr>
<td>--------------------------------</td>
</tr>
<tr>
<td>Cancer (including leukemia)</td>
</tr>
<tr>
<td>Aplastic Anemia</td>
</tr>
<tr>
<td>Sickle Cell Anemia</td>
</tr>
<tr>
<td>Car Accident Victims</td>
</tr>
<tr>
<td>Heart Surgery</td>
</tr>
<tr>
<td>Bleeding Ulcer</td>
</tr>
<tr>
<td>Hip Replacement Surgery</td>
</tr>
</tbody>
</table>

* (according to America's Blood Center)
42 Facts About Blood Donation

1. Red blood cells must be used within 42 days.
2. Blood makes up about 7 percent of your body’s weight.
3. The average adult has 10-12 pints of blood in his or her body.
4. Blood fights against infection and helps heal wounds, keeping you healthy.
5. Red blood cells carry oxygen to the body’s organs and tissue.
6. There are about one billion red blood cells in two to three drops of blood.
7. Red blood cells live about 120 days in the circulatory system.
8. Platelets must be used within five days of collection, hence blood donations are especially needed around 3-day weekends.
9. Plasma can be frozen and used for up to one year.
10. Healthy bone marrow makes a constant supply of red cells, plasma and platelets.
11. People who have been in car accidents and suffered massive blood loss can use transfusions of 50 units or more of red blood cells.
12. Plasma is a pale yellow mixture of water, proteins and salts.
13. Plasma, which is 90 percent water, constitutes about 55 percent of blood volume.
14. Cancer, transplant and trauma victims and many patients undergoing open heart surgery require platelet transfusions to survive.
15. White cells are the body’s primary defense against infection.
16. There is no substitute for human blood.
17. Much of today’s medical care depends on a steady supply of blood from healthy donors.
18. People donate blood out of a sense of duty and community spirit, not to make money and San Diego Blood Bank never pays people to give blood.
19. Every two seconds someone needs blood.
20. Approximately 40,000 units of blood are used each day in the United States.
22. Shortages of all types of blood often occur during the summer and winter holidays.
23. Anyone who is in good health, is at least 17 years old, and weighs at least 110 pounds may donate blood every 56 days.
42 Facts About Blood Donation (continued)

24. The actual blood donation usually takes less than 10 minutes. The entire process, from when you sign in to the time you leave, takes about one hour.

25. About 1 in 7 people entering a hospital need blood.

26. Apheresis (ay-fur-ee-sis) is a special kind of blood donation that allows a donor to give specific blood components, such as platelets.

27. You cannot get AIDS or any other blood disease by donating blood.

28. More than 10 tests are performed on each unit of donated blood.

29. Sickle cell disease is an inherited disease that affects more than 80,000 people in the United States, 98 percent of whom are of African descent.

30. Some patients with complications from severe sickle cell disease receive blood transfusions every month.

31. The average bone marrow transplant requires 120 units of platelets and about 20 units of red blood cells.

32. Severe burn victims can use 20 units of plasma during their treatment.

33. Children being treated for cancer, premature infants, and children having heart surgery need blood and platelets from donors of all types.

34. If you began donating blood at age 17 and donated every 56 days until you reached age 76, you would have donated 48 gallons of blood.

35. About 3 gallons of blood supports the entire nation’s blood needs for one minute.

36. San Diego Blood Bank must collect 400 pints of blood every day to meet the needs of area patients.

37. The average red blood cell transfusion is 3.4 pints.

38. Females receive 53% of blood transfused; males receive 47%.

39. A newborn baby has about one cup of blood in his or her body.

40. 37% of the US population is eligible to donate – only 5% do on a yearly basis.

41. After donating blood, you replace your red blood cells within three to four weeks. However, it takes four to six weeks to restore the iron lost after donating.

42. Since a pint is a pound, you lose a pound every time you donate blood.
**Family Blood Plan**

As a regular volunteer blood donor you can receive Family Blood Plan coverage for your family or any family you designate with each donation to the San Diego Blood Bank.

**100% supplemental coverage**
Patients covered by the Family Blood Plan have 100% supplemental coverage to their health insurance for ALL standard blood services.

- This includes all basic blood components, as well as routine costs for Autologous Donations and Directed Donations.

- Benefits apply to patients in hospitals affiliated with the San Diego Blood Bank. Patients using blood in hospitals not affiliated with the San Diego Blood Bank are considered on a case-by-case basis.

**Immediate family is covered**
The individual named on the plan, his/her spouse and all dependents legally listed on the family’s Federal Income Tax return are eligible for Family Blood Plan coverage.

**Easy to manage**
As a donor, you get the benefit of being covered immediately, and the San Diego Blood Bank automatically extends your coverage one year from your most recent donation.

- No 90-day waiting period for coverage to take effect.

- No specific time-frame for plan renewal.

**Cover yourself and a friend too!**
As a donor you can cover yourself AND replace blood in a patient’s name.

- You receive complete supplemental coverage.

- You can donate in any patient’s name to replenish the community blood supply, ensuring blood for anyone who needs it.

**Donors and Super Donors can cover those who cannot donate:**
- You can enroll a friend or family member in the Family Blood Plan who is unable to donate.

- You will be given a special Family Blood Plan gift card to let whomever you enroll know that you have provided coverage for them.

- Some Super Donors can give Family Blood Plans to a maximum of 24 families in one year!
Family Blood Plan (continued)

Exclusions from coverage:
• Persons who have hemophilia, leukemia, aplastic anemia, melanoma, chronic liver disease, renal failure or test positive for antibodies to the probable causative agent of AIDS are not eligible for coverage under the plan.

• Persons with a history of heart disease or solid tumor malignancies will not be covered for the use of blood directly attributed to the existing condition, but will be covered for all other blood needs.

• Donors who are diagnosed with any of the above conditions after establishing a Family Blood Plan will retain benefits until the end of the 12-month period following the most recent qualifying donation. Thereafter, another person may provide continuing coverage for the patient and their family by donating in their name to the Family Blood Plan Gift Program.

• Autologous and Directed Donations do not provide Family Blood Plan coverage to donors.

Reimbursement for fees is easy:
It is easy to obtain reimbursement from the San Diego Blood Bank for blood processing and special handling fees when you have Family Blood Plan coverage. The patient must first bill his or her insurance company. Then he or she should submit both the insurance company’s explanation of benefits and a copy of the itemized hospital bill to the Blood Bank. Once this information is received, the patient’s account will be reduced for covered services.

If you donate as part of a group or organization, you will also receive recognition.
• Groups will continue to receive donor activity reports of blood given in the name of the group.
• Group chairmen may collect Family Blood Plan gift cards from their members who donate. Then these cards can be given to those in the organization who cannot donate and/or who have used blood.