

Someone needs a blood transfusion every two seconds. On average, 45 units of blood are used for a trauma-related injury. One unit of blood can help save up to three lives. Giving blood is a good thing to do for your community.

What makes an ideal donor?

- Be in generally good health
- Weigh at least 110 pounds
- Be at least 16 years of age
- Have eaten a solid meal prior to donating
- Be well-hydrated

How do I prepare to be a blood donor?

It's simple. Get a good night's sleep, have a solid meal before you donate, and drink plenty of water.

What would keep me from donating?

- If you are suffering from a cold, sore throat, cough or fever
- If you are pregnant
- If you have had a blood transfusion in the last year, unless it was with your own blood
- If you have had surgery recently
- If you have had hepatitis after the age of eleven
- If you have an active cold sore

What happens after my donation?

To protect patients that may receive your blood, it is tested for transfusion transmissible diseases. If your blood tests positive, both you and your parent will be notified.

What can I expect when I donate blood?

The complete donation process will take about 45 minutes.

- First you will be asked to complete a donor registration form.
- Then one of The Blood Connection's staff will take your blood pressure, test your hemoglobin and ask you yes or no questions regarding your medical history.
- The actual donation will only take five to ten minutes. During this process you will be asked to squeeze a ball to keep your blood flowing.
- Refreshments will be provided while you briefly rest after donating.

The **Blood**
Connection

Your Community Blood Donation Center

• *We Naturally Connect Lives.*

09/02/09

WANT TO BE A HERO AND HELP SAVE SOMEONE'S LIFE? THEN DONATE BLOOD!

16 year olds can now donate blood in South Carolina

Many of our young teens have expressed an interest in donating blood, and in March, 2008, legislation was passed in South Carolina permitting 16 year olds to donate. On December 1, 2008 The Blood Connection began accepting donations from 16 year olds. South Carolina joins 28 other states that currently collect donations from this age group. Several states have been accepting blood donations from 16 year olds for years. In fact, Washington has been allowing teens to donate for more than 30 years!

Lowering the donation age to 16 helps strengthen our blood supply, and for many teens, donating blood is a way to express maturity and civic responsibility.

Requirements

The State of South Carolina requires 16 year olds to have written parental or legal guardian consent to donate blood.* The Blood Connection is required by law to collect parental consent forms from all 16 year old donors.

In addition to written consent,** 16 year olds will be expected to present a government-issued document listing birth date, preferably a photo ID. During High School blood drives, eligible student rosters (provided by the school) will be considered acceptable sources of age verification.

For information about area blood drives, please visit
www.thebloodconnection.org or call 1.800.392.6551.

For additional consent forms visit The Blood Connection's Donation Centers, a mobile collection vehicle or **www.tbc16.com**

* 17 year olds are not required to have consent.

** Parental consent is a one time requirement.

THE BLOOD CONNECTION