



American
Red Cross

ANNA
blood donor



HOPE begins with you.

Blood Drive **Early College High School** **Gymnasium**

Thursday, January 11
9:00 AM to 2:00 PM

To schedule your appointment, sign up at the main office or text **Steppan** at **503-990-1289**. You can also schedule online at www.redcrossblood.org using sponsor code: ECHS

Streamline your donation experience and save up to 15 minutes by visiting RedCrossBlood.org/RapidPass to complete your pre-donation reading and health history questions on the day of your appointment.



Scan to schedule

redcrossblood.org | 1-800-RED CROSS | Download the Blood Donor App



HOPE begins with you.

Information for High School Blood Drive Recruitment Team Height and Weight Requirements for Whole Blood Donation

Congratulations on being part of the American Red Cross high school blood drive recruitment team. Almost everyone during their life will know someone who needs a blood transfusion.

Did you know?

There is no blood substitute and still only one source for transfusion...



Volunteer BLOOD DONORS.

So that we can provide the safest possible donation experience, the following are included in the high school blood drive process:

Detailed information on student volunteer training—You will be assigned a specific job on the day of the blood drive and will be notified of your responsibilities in advance of the blood drive.

Donor safety techniques—Most students have a good donation experience and feel good about donating. Some people may experience lightheadedness or dizziness or an upset stomach that resolves soon after donation. You will be provided information on how to recognize when a donor is not feeling well and techniques you can use to help donors relax after donation.

Criteria for blood donation—Research has shown that young donors who have a blood volume less than 3500mL are more likely to have an adverse reaction following a blood donation. Selection criteria include a table based on height, age and weight that will determine if students are eligible to donate.

MALE donors must weigh 110 pounds or more, depending on their height in the following chart:

If you are	4'10"	4'11"	5' or taller
You must weigh at least	118	114	110

FEMALE donors must weigh 110 pounds or more, depending on their height in the following chart:

If you are	5'1"	5'2"	5'3"	5'4"	5'5"	5'6" or taller
You must weigh at least	133	129	124	120	115	110

Never hesitate to ask a Red Cross staff member for help or assistance, or to ask questions! We are here to support you.



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