

Blood Drive Permission Slip for Students 17 & Older Wednesday, March 17, 2010

Sponsored By the American Red Cross & Whitewater High School National Honor Society

I give **permission** for my son/daughter listed below to donate blood during an **American Red Cross Blood Drive** at Whitewater High School on Wednesday, March 17, 2010.

I understand that my son or daughter needs to be at least **16 years old**, weigh at least **110 pounds**, and be in **good health** to give blood. During the registration process, a trained Red Cross staff will ask a series of medical & personal history questions and check temperature, pulse, blood pressure and iron count. All information given and the results of all laboratory tests performed on the donated blood will be kept strictly confidential.

While the donation process is safe, reactions can occur. Most reactions are mild and can include fainting or small bruises. The American Red Cross staff is fully trained to work with first-time blood donors, and to respond to any reactions. Since one blood donation can be separated into three components, your son/daughter has the potential to save as many as three lives with a single donation. The donation area will be set up in the small gym and students will be encouraged to sign up to give blood during their study hall if possible.

Student's Name_____

Birth Date_____

Parent/Guardian Signature_____

Date_____

Additional Information:

Students planning to participate should **drink plenty of water the day before the blood drive and eat a healthy breakfast** and / or **a well balanced meal 1-4 hours before giving blood**. They should also get a **good night's sleep** and **drink at least 16 oz of caffeine free fluid 3-4 hours before the donation and after**. Students participating in athletic activities should speak with their coaches before signing up to give blood. Students should avoid strenuous activity including lifting, pushing or picking up heavy objects for at least 4-5 hours after giving blood.

Donors should bring a picture ID to the drive. An acceptable form of ID is a driver's license, donor ID card, or school-issued ID with a picture on it. If no picture ID's are available, then 2 other forms of identification are required.

Students will receive an appointment time as soon as they return the appropriate permission slip to Mrs. Sonmor-Wintz before March 16. National Honor Society members will also be collecting permission slips and scheduling appointments in the MPR during both lunch periods and SAFT. Feel free to call the National Honor Society advisor, Pamela Sonmor-Wintz at 472.8113 if you have additional questions.

"Be the change you wish to see in the world." Gandhi