



HIGH SCHOOL PROGRAM

HOPE begins with you.



American
Red Cross

High School Blood Drive Announcements Blood Drive Information

Date(s): September 20th, 2017

Time: 2-6 PM

Location: Mukwonago Village Hall

Where to sign up: Email woosetha@stu.masd.k12.wi.us

Contact person or group: Ethan Wooster

Other information:

- About 20 percent of blood collected by the American Red Cross comes from young donors like high school students. You can help save up to three lives when you give blood. It's simple, it's easy, and it's right down the hall. Sign up to be a Red Cross blood donor at the Mukwonago Village Hall blood drive scheduled on September 20th from 2-6 pm.
- Every day, patients with cancer, leukemia, sickle cell anemia and other serious illnesses may need blood transfusions to survive. Accident or trauma victims need blood, too. Times of natural disasters, like floods, hurricanes and inclement weather can escalate the demand for blood, or contribute to blood shortages across the country. Your donation can help make sure hospital patients get the blood that they need.
- If you are 17 years old (*or 16 if allowed by state law*), and in good health, you may be eligible to donate blood.
- What is your blood type? Did you know that people with type O blood are universal donors? This means type O blood can be transfused to almost anyone in an emergency. Be a Red Cross blood donor and find out your blood type.

High School Leadership Program

- When you arrive to donate blood, you will register with your ID or Red Cross donor card, get a mini-physical, donate blood and then have a snack. Then you can enjoy the feeling of knowing you've just helped save lives. After your donation, log your achievement for the High School Leadership Program at leader.redcrossblood.org.



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RapidPass (Consult with your American Red Cross Account Manager first)

- Save lives in less time. Complete your health questionnaire online on the same day as your donation at redcrossblood.org/RapidPass. You can print your RapidPass or email it to yourself and show it from your mobile device when you come to the blood drive.

Nutrition

- If you're donating at the upcoming blood drive, eat foods with high iron content, such as broccoli and other green vegetables. Also, remember to get a good night's sleep, eat a healthy meal and drink extra water before you give blood. Be sure to wear clothing with sleeves that can be raised above your elbow. Don't forget to bring your ID or show your Red Cross donor card. Thanks for helping save lives!

Sports Related

- Plan ahead when scheduling your donation around sports and other activities. Avoid strenuous activities for about 12 hours after donating blood. No heavy lifting and drink plenty of water. If you do play sports, encourage your teammates to donate with you and make it a team effort! However, if you have a competition or a strenuous practice, do not donate blood on the same day. Instead, ask a friend to donate in your place!

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