



# What You Need to Know About Donating Blood

## Information for Minors and their Parents/Guardians

Thank you for your interest in becoming a blood donor. Your donation is a lifesaving gift and we want to make your blood donation a pleasant and rewarding experience. Please read this document prior to your upcoming donation. Be sure to share this information with your parent(s) or guardian(s) and have them sign the permission below. Washington State law requires a signed parent/guardian permission for 16 and 17 year olds prior to donating whole blood or products via automation. On your 18th birthday, permission is no longer required. The permission and consent remains in effect until your child is 18 years of age unless revoked, in writing, by the parent/legal guardian with CRBS. Please remember to provide proof of identification.

The donation process involves these steps:

♥ **Donor History**

The purpose of the donor history is to determine if it is safe for you to give blood and if your blood will be safe for a patient to receive. In order to safeguard the blood supply, Donor Specialists are required to ask all donors, regardless of how many times they have donated, specific questions about their medical history and sexual behavior - including any activity that may increase the risk of HIV/AIDS. All blood is tested for additional infectious agents. You will be notified of any positive test results. All information is kept strictly confidential.

Our Donor Specialists will:

- Review your medical history
- Perform a mini physical exam (blood pressure, temperature, pulse)
- Take a few drops of blood from your finger to measure your Hemoglobin/Hematocrit (iron/red cell level)

♥ **Blood Donation**

- New, sterile, disposable equipment is used for each step of the donation process.
- The donation process time will vary depending on the product(s) collected.
- Your arm is cleaned and bandaged.

♥ **Following Donation**

- Read the Donor Instructions, and be sure to take them with you when you leave.
- Spend approximately 10 minutes in the refreshment area drinking juice and eating crackers or cookies.
- Make sure you are feeling well before you leave.

If you have any questions or concerns, please contact a Donor Specialist at the donation site, or call Cascade Regional Blood Services at 1-877-24 BLOOD and ask to speak with a Donor Specialist.

## PERMISSION FOR MINORS

Sixteen and Seventeen Year Old Donors to Donate Blood

## DONORS NEED PROOF OF IDENTIFICATION



\_\_\_\_\_ has my permission to donate blood and meets the basic criteria listed below. I acknowledge that I have read the donation process information contained on the permission form.

Cascade Regional Blood Services has my permission to take a **photograph** of \_\_\_\_\_ to \_\_\_\_\_ use for purposes of illustration, advertising and/or publicity, including website, news release, flyers and brochures.  Yes  No

Donor Date of Birth: \_\_\_\_\_ Today's Date \_\_\_\_\_ School Name \_\_\_\_\_  
 Parent/Guardian Printed Name: \_\_\_\_\_ Parent/Guardian Signature: \_\_\_\_\_  
 Daytime Phone: \_\_\_\_\_ Evening Phone: \_\_\_\_\_

**Basic Donor Guidelines:** You must be at least 16 years of age and weigh at least 110 pounds. Please drink ample non-caffeinated beverages and eat a nutritious meal.

**GIVE BLOOD SAVE LIVES**  
1-877-24-BLOOD  
WWW.CRBS.NET