

HOSA Blood Drive Information 25-26

Friday, January 16th, 2025

2nd Blood Drive Registration Form:

<https://forms.gle/mwRSMUhdKNf617fz5>

Feel free to contact melina.2016750@nv.ccsd.net with any questions!

Benefits:

- 1 donation can save 3 lives!
- You will receive **5 service hours** in every blood drive you participate in.
- Participating in 2 blood drives will earn you a cord for graduation.
- Participating in 3+ blood drives will earn you 2 cords for graduation.

Requirements:

- You **MUST** be **17 years of age** (or older)
- You **MUST** **meet the minimum height and weight requirements.**
- You **MUST** have a **valid ID** such as a driver's license or an Identification card.
- You **MUST** **feel well** on the day you are donating.

Height and Weight Requirements:

- **Males:** **MUST** be at least 5' tall and weigh at least 110 pounds
- **Females:** Please refer to the chart below!

Height	4'10"	4'11"	5'	5'1"	5'2"	5'3"	5'4"	5'5"
Weight	148lb	143lb	138lb	135lb	130lb	125lb	120lb	115lb

The Experience:

- You will be pulled out of class to the ballroom.
- The process takes about 60 minutes but your blood is only being drawn for about 10 minutes.
(They only take how much is appropriate based on your body specifications.)
- To ensure that you feel well after donating you will be provided with snacks before and after the blood draw.

Before Donating:

- **Drink extra fluids** - You can begin to drink extra fluids a day or two before your donation. Water

and juices are great. Try to avoid caffeinated drinks on the day of your donation.

- **Eat!** - Be sure to eat breakfast and lunch before your donation. Your body will need extra energy to donate a pint of blood. You will also feel better after donating if you have eaten a meal a few hours before.
- **Know your medication** - Make sure you know which medications you are taking and their purpose.
- **Iron!** - For Women, low iron can get you deferred when donating blood. If you are planning to donate please start eating foods rich in iron one or two days prior! EX: spinach, pumpkin seeds, quinoa, turkey, etc