

Who may donate blood?

Students that are 16 or 17 years of age may donate blood with a Blood Bank of Alaska *Parental Consent Form* signed by a parent or guardian, weigh at least 110 lbs. and be in good health.

Please Note: Some schools require 18-year olds to have a signed Parental Consent Form to donate blood while on school grounds.

Is giving blood safe?

When donating blood, special care and concern is given to the donor by highly skilled-trained professionals performing the procedures. You cannot get any diseases from donating blood. The materials, including the needle used for your donation are new, sterile, disposable, and used only for your donation.

How long does it take to donate whole blood?

The actual process of donating blood performed by a phlebotomist takes approximately 5-10 minutes. The entire process from registration, screening, donating, and juice & cookies takes approximately one hour.

How will I feel after the donation?

Most people feel great! Donors who know what to expect and have eaten regular meals before donating are fine. After donating, drink extra fluids for the next 24 hours.

How soon after donating can I practice sports?

Avoid strenuous activities such as lifting, pushing, or picking up heavy objects for at least 4 to 5 hours after giving blood. Aerobic activity should be limited for the remainder of the day of donation. Most donors can resume normal aerobic activities the day following their donation.

What happens to my blood after donating?

Each unit of whole blood goes through several tests to ensure patient safety. Typically, each unit is separated into multiple components - red blood cells, platelets, and plasma. Each component can be transfused to a different patient, each with a different need.

How often can I donate whole blood?

You can safely give whole blood every 56 days.

Blood Bank of Alaska

Main: (907) 222-5600
Appointments: (907) 222-5630

Anchorage Blood Center

4000 Laurel Street
Anchorage, AK. 99508
(907) 222-5600

Dimond Mall Blood Center

800 E Dimond Blvd.
Second Floor (near ice rink)
Anchorage, AK 99515
(907) 222-5600

Fairbanks Blood Center

Washington Plaza Mall
3403 Airport Way, Suite B
Fairbanks, Alaska 99709
(907) 456-5645

Mat-Su Blood Center

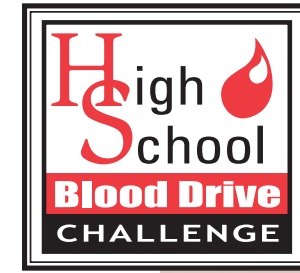
851 E Westpoint Drive
Lakeview Professional Building, Suite B9
Wasilla, Alaska 99654
(907) 376-1195

Kenai Blood Center

44539 Sterling Hwy
Blazy Mall, Suite 212
Soldotna, Alaska 99669
(907) 260-5672

*Appointments preferred.
Walk-ins are welcome.*

*For more information and hours of operation,
please visit our website.*



What is the Alaska High School Challenge?

The Blood Bank of Alaska High School Challenge is an exciting program aimed at recruiting young blood donors at local high schools and the supporting community. Statistics show that people who begin donating blood in high school are more likely to continue giving blood throughout their lifetime.

The goal of the Blood Bank of Alaska - High School Challenge is to spark the interest of young donors with the hope of maintaining that commitment for years to come.

Checklist

1. Prepare for your blood donation! Eat a good meal and drink plenty of fluids before and after your donation in addition to getting plenty of rest.
2. Sign-up to donate blood at your high school blood drive or local blood center.
3. Bring a photo ID with your full name including your date of birth. **Also, bring your signed parental consent form.**
4. At the blood drive a mini physical will be performed prior to your donation. Your pulse, blood pressure, and temperature are checked. A drop of blood from a finger-prick is analyzed to determine your hematocrit level (percentage of red cells).
5. Next, you will give about a pint of blood. The actual donation takes approximately 5-10 minutes, the entire process takes up to an hour. After donating blood you will rest for 10 minutes and be served refreshments to raise your blood sugar and increase your fluid level.
6. Track your high school's results online and actively recruit community members to donate blood at your local blood center for extra credit!



Approximately 2400 people must donate blood each month for Blood Bank of Alaska to assure an adequate supply for patients in area hospitals. That's about 80 pints of whole blood each day.

Statistics show that one out of every three people will need a blood transfusion during their lifetime. Last year, thousands of patients received the "gift of life" from our donors. Over 25,000 whole blood and platelet-pheresis donations were made to the Blood Bank of Alaska.

Major Reasons Patients Need Blood

- Cancer
- Heart and blood vessel disease
- Disease of the gastrointestinal tract
- Emergencies such as car accidents and burns

Examples

- Automobile Accident: 50 units of blood
- Heart Surgery: 6 units of blood & 6 units of platelets
- Burn: 20 units of platelets
- Bone Marrow Transplant:
120 units of platelets & 20 units of blood

What does it mean to donate blood at your High School Blood Drive?

- FREE T-shirt!
- Entry into the iLIFE Challenge
- Scholarship opportunity
- Recognition for your High School
- Saving a Life

For more information about the High School Challenge or on donating blood, please visit our website.

There are four major blood groups: A, B, AB, and O. Each of these groups is divided into Rh positive or negative types. A patient's blood and the blood being transfused must be compatible, both by major ABO group and Rh type.



About Blood Types

All blood donors are important, but if you are type O or AB, you are special because type O negative red blood cells and type AB plasma can be transfused to any patient. Your donations are VITAL - please donate as often as you can, every 56 days for red blood cells.

Having blood immediately available when it is needed may help save many lives.

Blood Type and RH	How Many People Have It?
O positive	40 out of 100
O negative	7 out of 100
A positive	34 out of 100
A negative	6 out of 100
B positive	8 out of 100
B negative	1 out of 100
AB positive	3 out of 100
AB negative	1 out of 200