

# BLOOD BANK OF ALASKA IS **ALASKA'S BLOOD BANK**

You make the difference, they count on it.

Contact Name/Organization: \_\_\_\_\_ Phone: \_\_\_\_\_

NAME	CONTACT : EMAIL/PHONE	COMMENTS

### AM I ELIGIBLE TO DONATE?

- Must be in *good health*
- Must be **18 years of age**  
*(16 or 17 years of age with signed parental consent form)*
- Weigh at least **113 pounds**
- Have not donated whole blood in **56 days**  
*(special blood products have different timelines)*

### WHAT HAPPENS AT TIME OF DONATION?

- Show Photo I.D.
- Fill Out Donor History Form
- Take a Mini-Physical  
Blood Pressure  
Pulse  
Temperature  
Hematocrit
- Phlebotomist will review data and ask a few questions.
- Donate blood and enjoy treats

**PLEASE FAX TO:**  
907-222-5659 (Anchorage)  
907-456-5644 (Fairbanks)

**EAT WELL.**

**DRINK PLENTY OF FLUIDS.**

**BRING A PHOTO I.D.**