

COMMUNITY SERVICE OPPORTUNITY



Help those in need in your community by donating blood and receive 10 hours of community service!

*****Notice*****

You must bring back the pamphlet and sticker provided that day with your name on it in order to receive credit

Please review the next two attached sheets for information regarding eligibility requirements and how to prepare.

If you have any questions please contact Probation at 717-337-9803 and ask for the Community Service Coordinator

To get ready for your blood donation:

Make an Appointment

It always helps us to know in advance when you are coming in to make a donation.

Wear Something Comfortable

Wear clothing with sleeves that can easily be rolled up above the elbow.

Sleep

Get a good night's sleep.

Hydrate

Be sure to drink an extra 16oz. of water and fluids before the donation.

Maintain a Healthy Level of Iron in Your Diet Before Donating

If possible, maintain a healthy iron level in your diet by eating iron rich foods, such as spinach, red meat, fish, poultry, beans, iron-fortified cereals and raisins. Eat a healthy meal before you donate. Avoid fatty foods, such as hamburgers, fries or ice cream before donating. Tests for infections done on all donated blood can be affected by fats that appear in your blood for several hours after eating fatty foods.

Bring a List of Medications You Are Taking

We will need to know about any prescription and/or over the counter medications that may be in your system.

Bring an ID

Please bring either your donor card, driver's license or two other forms of identification.

Bring a Friend

Bring along a friend, so that you may both enjoy the benefits of giving blood.

Relax

Blood donation is a simple and very safe procedure so there is nothing to worry about.

For more information about the blood donation process go to:

<http://www.redcrossblood.org/donating-blood/donation-process#t1>

Blood Donation Lifestyle and Life Events Criteria

Age

You must be at least 17 years old to donate to the general blood supply, or 16 years old with parental/guardian consent, if allowed by state law. There is no upper age limit for blood donation as long as you are well with no restrictions or limitations in your activities.

Incarceration

If you have been incarcerated for more than 72 consecutive hours in a jail, prison, or detention center, or have been in a psychiatric/mental institution for more than 28 days, postpone donating until 12 months have passed.

Intravenous Drug Use

Those who have ever used IV drugs that were not prescribed by a physician are not eligible to donate. This requirement is related to concerns about hepatitis and HIV.

Piercing (ears, body), Electrolysis

Acceptable as long as the instruments used were sterile or single-use equipment.

Wait 12 months if there is any question whether or not the instruments used were sterile and free of blood contamination. This requirement is related to concerns about hepatitis.

Pregnancy, Nursing

Persons who are pregnant are not eligible to donate. Wait 6 weeks after giving birth.

Tattoo

Wait 12 months after a tattoo if that tattoo was applied in a state that does not regulate tattoo facilities. This requirement is related to concerns about hepatitis.

Acceptable if the tattoo was applied by a state-regulated entity using sterile needles and ink that is not reused. There are 32 states that currently regulate tattoo facilities. You should discuss your particular situation with the health historian at the time of donation.

For more information about the blood donation eligibility go to:

<http://www.redcrossblood.org/donating-blood/eligibility-requirements>