



DONATION PROCESS

- Answer questions about your health.
- Mini-physical, temperature, pulse, and blood pressure are all checked. A small drop of blood from your fingertip is taken to test your iron.



Refreshments



Registration



- Present photo ID.
- Demographics are given.
- 16 year old donors will also need to present a parental consent form (found at cbblifeblood.org).
- You will be encouraged to hydrate at registration.

Donate Blood



- Take 10 minutes to sit, relax, and enjoy a snack.
- Drink plenty of fluids.

Thank you for saving lives!

- | | | |
|------------------|---|----------------------------|
| • Alcester | • Garretson | • Rutland |
| • Adrian | • Hills Beaver Creek | • Rock Valley |
| • Beresford | • Harrisburg | • R-T-R |
| • Brookings | • Huron | • Sioux Falls Christian |
| • Baltic | • Jackson | • Sheldon |
| • Brandon Valley | • Lincoln | • Sioux Valley |
| • Central Lyon | • Lennox | • Tracy |
| • C. T. E. | • Luverne | • Tea |
| • Chamberlain | • Madison | • Tri-Valley |
| • Canistota | • Murray County Central | • Vermillion |
| • Chester | • Netherlands Reformed Christian School | • Washington |
| • Canton | • O'Gorman | • West Central |
| • Colman / Eagan | • Pipestone | • Westbrook / Walnut Grove |
| • Centerville | • Parker | • West Lyon |
| • Deubrook | • Patrick Henry M.S. | • Worthington |
| • Elkton | • Roosevelt | • Watertown |
| • Estherville | | |
| • Flandreau | | |

Interview



- A cuff goes on your arm above the elbow.
- A staff member cleans your arm.
- The blood is collected (usually takes about 5-7 minutes).
- Relax and enjoy saving a life.
- Let our staff know if you should have any questions during the donation.
- You donate about one pint of blood (495 ml.)
- One donation will save up to three patients' lives within your community.