

Please donate blood.

**“Its safe, its simple
and it saves lives
right here at home.”**

*Community Blood Bank donors
are the sole suppliers of blood
to your hometown hospital.*

Name: _____

Date: _____

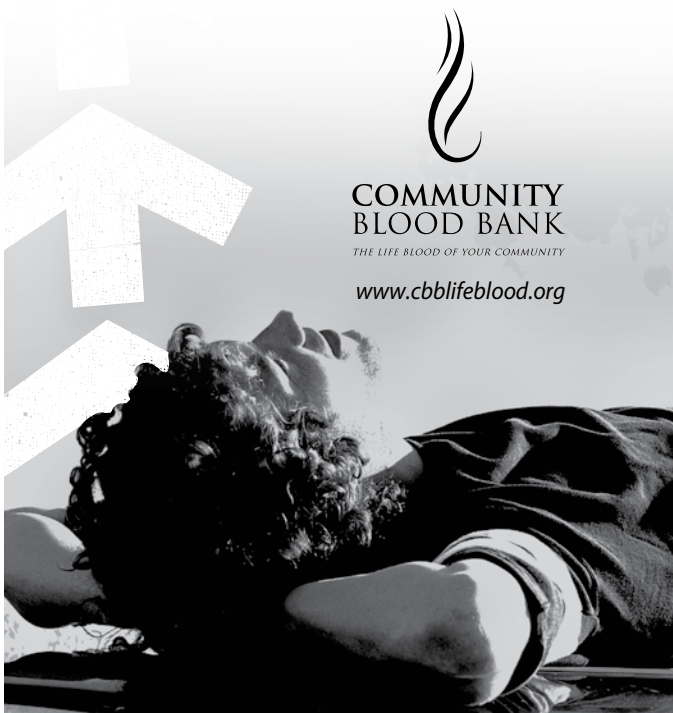
Time of donation: _____

Where: _____

Minimum requirements to donate blood:

- Be at least 17 years old (16 years old with a signed parent consent form*) and weigh at least 110 pounds.
- Be in good health (You can't have a cold, fever or sore throat).

* Parent Consent form can be download at www.cbblifeblood.org.



**COMMUNITY
BLOOD BANK**
THE LIFE BLOOD OF YOUR COMMUNITY

www.cbblifeblood.org

Before the Community Blood Bank Bloodmobile arrives:

- Make sure you bring an ID with you (i.e. Student ID, Drivers License, or Donor Card).
- Make sure you have had a good meal and drink plenty of fluids prior to donating.
- Make sure your coach says its okay to donate on the day of a game or event.

It is important that you:

- Relax in the canteen eat and drink before leaving.
- Resume normal activities within 30 minutes then avoid heavy lifting for 24 hours.
- Eat well, drink extra fluids to help replace the volume you donated.
- Keep bandage on for a few hours.
- If you have any bleeding, apply firm pressure to the site and raise your arm for 5-10 minutes.
- Do not smoke for 30 minutes after donation.

Please call us at Avera McKennan Blood Bank, (605) 322-7111 or Sanford USD Medical Center Blood Bank, (605) 333-7082 if:

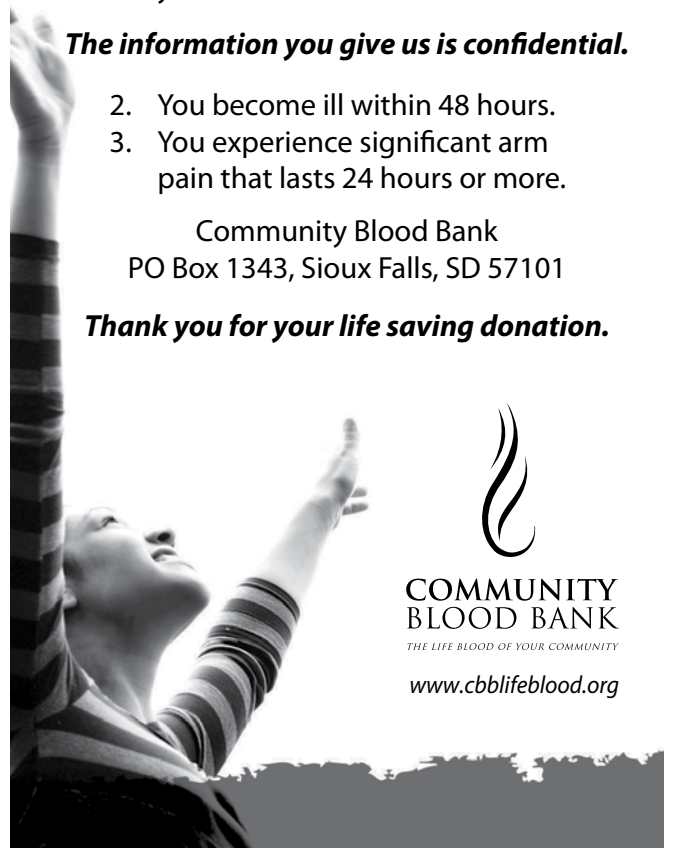
1. For some reason you do not want your donation used:

The information you give us is confidential.

2. You become ill within 48 hours.
3. You experience significant arm pain that lasts 24 hours or more.

Community Blood Bank
PO Box 1343, Sioux Falls, SD 57101

Thank you for your life saving donation.



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