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## Community Blood Bank Contact Information:

If you would like to host a blood drive at your organization, college or high school, please contact us.

### Rita Nelson, Recruitment

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C: (605) 360-1794

Email:

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### Ken Versteeg, Executive Director

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Email:

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P.O. Box 1343

Sioux Falls, SD 57101

Toll Free: 1-877-877-3070

Fax: (605) 331-3335

### Website Address

[www.cbblifeblood.org](http://www.cbblifeblood.org)

### "Like Us" on Facebook

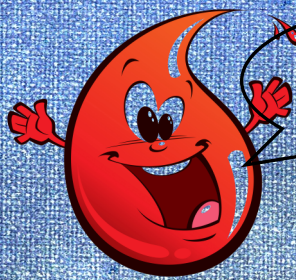
# Blood Donation Information



COMMUNITY  
BLOOD BANK

THE LIFE BLOOD OF YOUR COMMUNITY





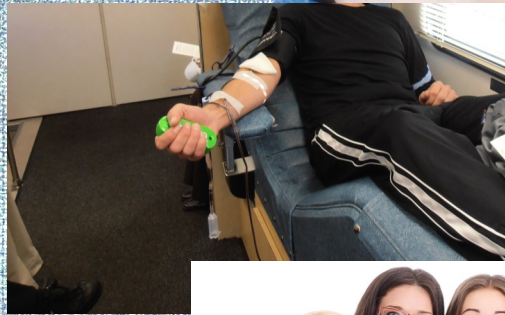
FOLLOW ME THROUGH  
THE DONATION  
PROCESS

## Registration



- Present photo ID, (*Drivers License, student i.d., or transcript will work*)
- Demographics are given.
- 16 year old donors will also need to present a parental consent form (found at [cbbllifeblood.org](http://cbbllifeblood.org)).
- You will be encouraged to hydrate at registration.

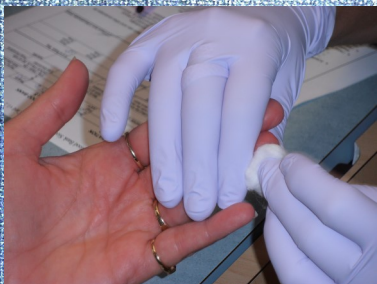
## Donate Blood



- 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.



## 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.)

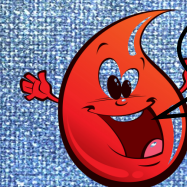
## Refreshments



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

## Additional Information

- Most people feel fine. Drink more fluids than you regularly do. This is important because your body replaces the liquid volume of the donated blood within 24 hours.
- Eat well after you donate.
- Leave the bandage on your arm for 1 hour to protect your skin against infection.
- If you feel light-headed after donating, sit down or pull off to the side of the road if you're driving, and wait until you feel better before continuing.



Thank you for saving a  
life!