

# Attention



# Parents!

Dear Family,

Hale Middle School is hosting a blood drive on Thursday, February 4th from 2:00 pm to 8:00 pm located in the Multi-Purpose Room. Please help out the community blood supply by donating at our upcoming blood drive.

## Did you know the many Health Benefits to Donating Blood?

- **Free Body Check Up!** There have been times when we found something wrong with someone's blood and because of early detection and treatment these people are living today. They thought they were saving someone else's life and didn't realize that they were saving their own.
- **Lowers High Blood Pressure.** For those who have High Blood Pressure and who are taking medication, when they donate it brings down your blood pressure. They check it the day of to see if it is stable to donate.
- **Reduces risk for Heart Disease.** High levels of iron are not good for your body. Especially for men helps to reduce the chances of heart disease because they don't regularly release their red blood cells like women do on a monthly basis.
- **Learn your blood type.** It is always good to know your blood type in case of an emergency

## Do you know there are common Misconceptions of Donating Blood?

- **Anemic.** Common with females. Can donate if pump up iron levels prior to donating by eating foods high enriched with iron and take an iron supplement a week before donating. They will test your iron the day of to see you it is at the required level.
- **Tattoos & Piercing.** Can donate with tattoo must be at least 12 months old and if piercing was done in a sterile environment where you paid for it, no wait period. If pierced yourself you have to wait 12 months.
- **Diabetic.** You can donate if you are diabetic. Even if on medication.
- **Travel.** Some of the restrictions have changed recently. You **can't** donate if spent three or more cumulative months in the United Kingdom (U.K.) from the beginning of 1980 through the end of 1996 or spent five or more cumulative years in Europe from 1980 to the present.
- **Medications.** Most medications are fine. Unable to donate if on antibiotics or acutane for acne.

**Most people aren't aware they are eligible to donate. If you have questions about deferrals and/or the procedures for donating blood, call the ARC blood services at 1 (866) 236-3276**

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## SIGN UP NOW!!

YES ☐ I want to donate blood at Hale Middle School on Thursday, February 4th

No ☐ I am unable to attend at this time.

Name(s): \_\_\_\_\_ Phone Number(s): \_\_\_\_\_ !

Select your preferred Time Frame(s) between 2:00 pm to 8:00 pm (Please circle 3 preferred choices)

2, 2:20, 2:40, 3, 3:20, 3:40, 4, 4:20, 4:40, 5, 5:20, 5:40, 6, 6:20, 6:40, 7, 7:20, 7:40, 8

We will call to confirm your scheduled appointment time.

## Return this Form:

To School with your child or contact Karen Case School Nurse at (818) 313-7438 or Sherry Nikirk with the American Red Cross at (818) 992-2005 for your appt or questions!