

# When was the last time you saved someone's life?

**HERE'S YOUR CHANCE.**  
One donation can save up  
to three people.

Hawaii needs 200 donors every day. Take the challenge and join our drive.

## Moanalua Lions Club

### BLOOD DRIVE

Sunday, March 22, 2020

9:00 am – 2:00 pm

### Bloodmobile

**Stadium Marketplace – 4561 Salt Lake Blvd.**

Group ID 2983

To make an appointment,  
please call Kathy Higa at (808) 225-8046  
or email her at [kathyhiga@yahoo.com](mailto:kathyhiga@yahoo.com)



**Blood Bank of Hawaii**

[f](https://www.facebook.com/BloodBankTough.org) [i](https://www.instagram.com/BloodBankTough.org) [@](https://www.tiktok.com/@BloodBankTough.org) [BloodBankTough.org](https://www.BloodBankTough.org) (808) 848-4770



# Blood Donation: Who Can Give Blood?

## Basic Eligibility Guidelines\*

<b>Age:</b> 16 years or older. There is no upper age limit for blood donation as long as you are well with no restrictions or limitations to your activities.
<b>Autoimmune Disorders:</b> Accept if: No symptoms
<b>Blood Transfusion and Surgery:</b> Defer 12 months if transfused. Minor surgery generally acceptable in 3 to 6 weeks. Major surgery generally acceptable 6 weeks or later.
<b>Cancer (except for leukemia and lymphoma)</b> Accept if: Completed treatment with no recurrence. Cancer-free for 1 year or more, including melanoma.
<b>Cold and Flu:</b> Wait if you have a fever or a productive cough (bringing up phlegm). Wait if you do not feel well on the day of donation. Wait until you have completed antibiotic treatment for sinus, throat or lung infection.
<b>Diabetes:</b> Acceptable as long as it is well controlled, whether medication is taken or not.
<b>Heart Conditions or Stroke:</b> Accept if: Seen by a physician. At least 3 months with no symptoms or activity restrictions
<b>High Blood Pressure:</b> Acceptable as long as your blood pressure is below 180 systolic (first number) and below 100 diastolic (second number) at the time of donation. Medications for high blood pressure do not disqualify you from donating
<b>Intravenous Drug Use:</b> Those who have ever used IV drugs that were not prescribed by a physician are not eligible to donate.
<b>Lifestyle:</b> Male donors may be eligible to donate blood if they have not had sex with another man in more than 12 months
<b>Lung Conditions:</b> Accept if: No symptoms and feeling well on day of donation
<b>Medication:</b> Only a few medications result in a deferral. See the complete list of these medications
<b>Piercings</b> Accept if: Professionally done piercings using a sterile procedure or gun method with new jewelry. No signs of infection.
<b>Pregnancy, Nursing:</b> Those who are pregnant are not eligible to donate. Wait 6 weeks after giving birth.
<b>Seizures/Epilepsy:</b> Convulsions Defer for 1 month from last seizure
<b>Surgery:</b> Defer until healing is complete, full activity has been resumed, and the underlying illness does not disqualify
<b>Tattoos:</b> Accept if: Performed at a state-regulated tattoo shop with single-use needle.
<b>Travel:</b> If you have traveled outside of the United States and Canada, your travel destinations will be reviewed at the time of donation and may lead to deferral.
<b>Weight:</b> You must weigh at least 110 pounds to be eligible for blood donation.

*\*Eligibility is determined at the time of donation. The above are general guidelines for informational purposes, only and are subject to change. Up-to-date information is available at [BBH.org](http://BBH.org).*

# Why Should I Give Blood?

Donating Blood Saves Lives!  
Everybody has it. Everybody needs it.

## THE NEED



**Cancer**

8 units of platelets a week



**Automobile Accident**

50 units of red blood cells



**Burns**

20 units of platelets



**Heart Surgery**

6 units of red blood cells  
6 units of platelets



**Organ Transplant**

6 units of red blood cells  
30 units of platelets



**Thalassemia (Blood Disorder)**

1-3 units of red blood cells every 3 weeks for their entire life

## THE FACTS

- Blood Bank of Hawaii is the sole supplier of blood to all 18 local hospitals
- There is no substitute for blood
- It cannot be produced in a lab or grown on a farm
- It has one source...  
**VOLUNTEER DONORS**
- 60% of Hawaii's people will need blood in their lifetime
- Only 2% of Hawaii's population donate
- About 200 donors are needed in Hawaii everyday



## HERE'S HOW

one hour  
six easy steps



**Paperwork**



**Mini-Physical**



**Confidential Interview**



**Blood Collection**



**Rest & Relax**



**Eat & Replenish**



**Blood Bank of Hawaii**

To make an Appointment  
808-848-4770 | [BBH.org](http://BBH.org)  
follow [@bloodbankhawaii](https://twitter.com/bloodbankhawaii)

# IRON UP!

## Understanding Hemoglobin

### THE RED COLOR

A hemoglobin test is done to ensure you are eligible to safely donate blood. To prepare for your donation, build up your hemoglobin level with an iron-rich diet.

Here are foods that help build iron\*:

#### Vegetables

Bean Sprouts  
Broccoli  
Brussel Sprouts  
Cabbage  
Green Beans  
Lima Beans  
Peas  
Potatoes  
Tofu  
Kale  
Beets  
Dark Leafy Greens

#### Seafood

Crab  
Oysters  
Raw Clams  
Sardines  
Shrimp

#### Other

Tomato Juice  
Dried Fruit  
Nuts

#### Meats

Chicken  
Lamb  
Lean Beef  
Veal  
Liver (except fish)  
Pork  
Turkey

#### Whole Grain

Brown Rice  
Soy Bean Flour  
Enriched Pasta  
Wheat Germ  
Enriched Cereals  
Bran

#### Fruits

Apricots  
Oranges  
Plums  
Watermelon  
Grapes  
All berries  
Prunes  
Grapefruits

\*Help absorb iron by eating Vitamin C rich foods. Oranges, Red Peppers and Kale are all high in Vitamin C.



Blood Bank  
of Hawaii

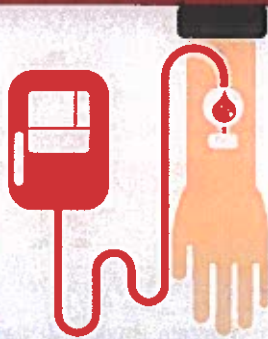
To make an Appointment  
808-848-4770 | BBH.org  
follow @bloodbankhawaii



# ABOUT BLOOD DONATION

## BASIC DONOR REQUIREMENTS

- Be in good health
- Be 16 years or older \*(16-17 years old with BBH parental consent form)
- Weigh at least 110 pounds
- Have a photo ID with birth date



*\*Additional height/weight requirements apply for female donors 16-18 years old.*

Females who are:	4' 10"	4' 11"	5' 0"	5' 1"	5' 2"	5' 3"	5' 4"	5' 5"
Must weigh at least (lb):	146	142	138	133	129	124	120	115

➔ More questions about eligibility? Visit [BBH.org](http://BBH.org).



## DONATION PROCESS

From registration to refreshments, the entire process takes just 60 minutes and includes the following four steps.

### 1 PAPERWORK



### 2 MINI-PHYSICAL



### 3 COLLECTION



### 4 REFRESHMENTS



To Make An Appointment  
808-848-4770 | [BBH.org](http://BBH.org)

BloodBankHawaii





# BEFORE AND AFTER YOUR BLOOD DONATION

## DONATION PREPARATION

- Hydrate! Drink 8-10 glasses of water.
- Avoid alcohol and caffeinated beverages.
- Get adequate rest the night before.
- Eat heartily, have a good breakfast the morning of your donation and don't skip meals that day.



## POST-DONATION CARE



### 4-6 HOURS AFTER DONATING

Remove colex bandage. If there is bleeding from the donation area — raise arm, apply pressure for 5-10 minutes, then reapply bandage.

### 24 HOURS AFTER DONATING

Drink more fluids than normal and don't skip meals. Refrain from consuming alcohol. Refrain from heavy lifting and strenuous exercise.



→ Questions about your donation? 808-845-9966



## Blood Drive Coordinator Contact Info

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HONOLULU, HI 96813

808-845-9966