

DO I NEED TO DO ANYTHING BEFORE I DONATE?

- Be prepared by having plenty of liquid the day before donating especially in warm weather.
- In the 3 hours before donating, please make sure that you eat something and drink at least 4 good-sized glasses of water/juice.
- Bring your school ID card or other photo ID with you each time you donate.
- You may need to bring a completed parent consent form if you are under 18 years old – depending on which state you live in. For more information and a copy of the form visit donateblood.com.au or call 13 14 95.

WHAT IF I CAN'T DONATE - HOW ELSE CAN I HELP?

If you are unable to give blood there are many other ways you can help:

- Be a youth Ambassador. Encourage your mates and teachers to give blood or even challenge other schools to a blood drive. Call us for an Ambassador pack.
- Encourage your family and friends to give blood. Ask them to give it a try - it only takes an hour and it could save 3 lives.
- If for some reason you can't give blood, come back and see us again as you may be able to donate next time.
- Help Australian Red Cross by volunteering for one of their humanitarian programs. Visit www.redcross.org.au for more details.

HOW DO I JOIN CLUB RED AND SAVE LIVES?

- Select a Club Red coordinator for your school.
- Only one person from your school needs to register and we will send you an information pack.
- Call 13 14 95 to make an appointment and donate together.
- You can track your group donations online at donateblood.com.au/clubred

WHERE CAN I DONATE?

We have donor centres around Australia – call 13 14 95 or visit donateblood.com.au to find the donor centre closest to you.

"I've been donating for two years and even when I leave school I will continue to donate blood. It is a really good thing to do. You help to save lives. Why wouldn't you do it?"

Shannon Spiers from Queanbeyan High School, ACT

"The Ambassador program has enabled Tintern Schools' students to contribute positively to the community, enhance their leadership skills and work together as a team. We look forward to continuing this program in 2010 and beyond and encouraging even more members of our school community to become donors for life."

Jenny Collins, Principal, Tintern Schools, VIC

Do something special. Give blood together.
Call **13 14 95** or visit donateblood.com.au



HOW YOUR SCHOOL CAN HELP



WHAT IS CLUB RED?

The Club Red program is an opportunity for people in business, the community and youth groups across Australia to get together and do something special by regularly donating blood.

As blood has a short shelf life we need people to donate regularly. So your school can really make a difference to the 26,000 blood donations required each week.

A single donation saves 3 lives. Imagine how many lives your group could save if you donated together regularly.

CAN I DONATE?

You can give blood if you:

- Are aged 16-70 years
- Are feeling well (e.g. don't have a cough, cold, sore throat or flu)
- Weigh more than 45kg (50kg if you are under 18 years old)
- Meet other guidelines designed to protect both you and the people who will receive your blood.

For more information on the eligibility guidelines visit donateblood.com.au or call 13 14 95.

WHAT ARE THE BENEFITS OF DONATING TOGETHER?

- **Feel great.** Giving blood is an incredible thing to be able to do. It feels good to give, knowing each donation saves 3 lives.
- **Foster team spirit.** Taking part in regular group donations and blood drives fosters a wider sense of team achievement.
- **Help your local community.** By giving blood your group is helping those who need regular blood in your community.
- **Be a mate.** Donating together encourages and supports your mates who are giving blood for the first time.

WHO DOES MY GROUP DONATION HELP?



The red cells from your donation are used in the following ways:	
34%	Cancer and blood diseases
19%	Other causes of anaemia
18%	Surgical patients including open heart surgery and burns
13%	Other medical problems including heart, stomach and kidney disease
10%	Orthopaedic patients including fractures and joint replacements
4%	Obstetrics, including pregnant women, new mothers and young children
2%	Trauma including road accident

Other blood components including plasma and platelets are also vital. Plasma is used in bleeding patients, for children and adults with immune disorders, and to prevent some complications of pregnancy. Platelets are used to manage bleeding in surgical patients and cancer, including leukaemia.

WHAT HAPPENS WHEN I DONATE?

- To make sure you are fit and well enough to give blood we ask you to complete a form and have a confidential chat with our staff.
- We take your blood pressure and a tiny drop of blood from your finger to check your haemoglobin (iron) level.
- You can then donate. This only takes 5-10 minutes and your body replaces the blood volume within 48 hours.
- After donating you can relax, have a bite to eat and a drink.
- The whole process only takes about an hour.

DOES IT HURT?

Some people are nervous about donating in case it hurts. We don't think there's anything to worry about, but you don't have to take our word for it...

"I am not scared of needles but I was definitely nervous the first time I gave blood, but it really doesn't hurt."

Sarah Griffiths from Burnie High School, TAS.

IS IT SAFE?

- All equipment is sterile.
- Needles are used only once and then safely discarded.
- Your donation of 470mL is less than 10% of the total blood in your body and can be safely donated every 3 months.
- Your energy level won't be affected but avoid strenuous exercise or high-energy activities for 12 hours after donating. Drinking plenty of water will help your body recover.