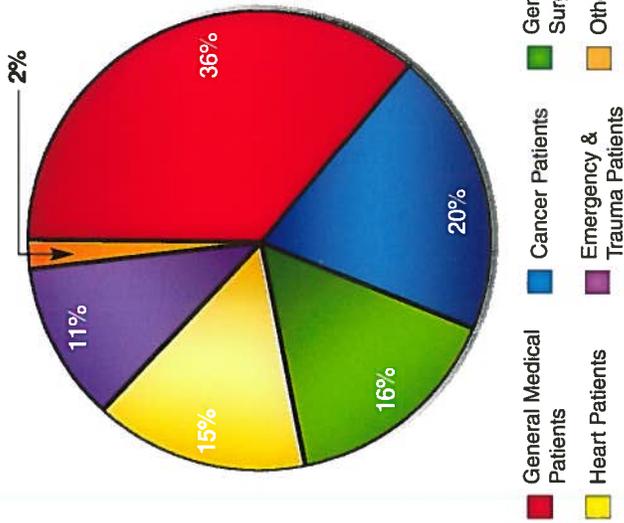


Who Needs Blood?

Statistics show that 60 percent of the population will need blood during their lifetime. Blood recipients are from all ethnic backgrounds and walks of life. Distribution of blood products are as follows:



Save Three Lives In About An Hour

Because your blood is separated into three different components—platelets, plasma and red blood cells—one donation can help the lives of up to three different people.



Hawaii's Community Blood Center

Blood Bank of Hawaii is a non-profit organization that provides blood to all civilian hospitals throughout the state.

Visit a Blood Bank of Hawaii donation center or one of the many convenient drives held throughout the state.

Dillingham Donor Center

2043 Dillingham Boulevard

Mon, Tues, Wed, Fri 6:30 a.m. to 4:30 p.m.
 Thursday 9:00 a.m. to 7:00 p.m.
 Saturday 6:30 a.m. to 2:30 p.m.
 Sunday Apheresis only

Apheresis by appointment daily, seven days a week.

Young Street Donor Center

1907 Young Street

Tuesday 11:30 a.m. to 7:00 p.m.
 Wednesday – Saturday 6:30 a.m. to 2:00 p.m.

Two bloodmobiles travel daily to neighborhoods throughout Oahu.



Blood Bank of Hawaii can set up a mobile collection site at your school, workplace or building.

Make An Appointment Or Set Up A Blood Drive

Call 808-845-9966

Neighbor Islands call 1-800-372-9966

www.BBH.org

A Guide to Giving Blood



Blood Bank of Hawaii
Give Blood. It's Safe. It's Simple. It Saves Lives.



It's Safe.
 It's Simple.
 It Saves Lives!

GIVE BLOOD

Basic Donor Requirements

- ◆ Be in good health.
- ◆ Be 18 years of age or older. (17-year-olds can donate with written parental consent.)
- ◆ Have valid photo ID with birthdate.
- ◆ Weigh 110 pounds or more.
- ◆ Wait eight weeks between donations.

A Waiting Period May Be Required

Many factors can require a waiting period prior to donating. Among the most common are:

- ◆ Tattoos and body piercings require a one-year waiting period.
- ◆ Travel to certain international regions requires a waiting period that varies with the specific area and the length of stay.

Most Medications Are Acceptable

- ◆ Most medications do not prohibit someone from donating, including oral medications commonly taken for allergies, birth control, cholesterol, diabetes and high blood pressure.



If you have any questions regarding blood donation, medication, travel restrictions or donor eligibility, call the nursing department at **848-4745**.

Neighbor Islands call **1-800-372-9966**.

The Best Hour Of Your Day

In just 60 minutes you can help save up to three lives. From registration to refreshments, the entire process of donating blood takes about an hour and includes the following six steps:



Paperwork
Each donor is given a questionnaire to fill out.

Mini Physical

A BBH staff member will check your blood pressure, pulse, temperature and hemoglobin level.



Confidential Interview

A BBH staff member will review your medical history with you.

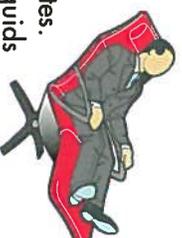
Collection



The actual collection of blood takes only five to eight minutes. A new, sterile and disposable needle is used to draw one pint of your blood.

Rest

Remain seated for a few minutes. Drink lots of liquids to help replenish your fluids.



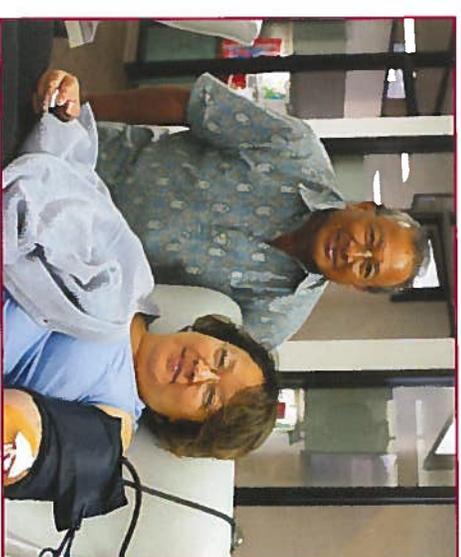
Eat

Enjoy hearty meals throughout the day. Avoid strenuous physical activity for 24 hours.



Before You Donate

- ◆ Drink 8-10 glasses of water.
- ◆ Get adequate rest.
- ◆ Eat a hearty meal.
- ◆ Include iron-rich foods in your diet.
- ◆ Know what countries you've traveled to and when.
- ◆ Know the medical conditions you have and the medications you're taking.



Eat An Iron-Rich Diet

Having low hemoglobin (iron) is the number one cause of blood donor deferrals. Hemoglobin is a molecule in your red blood cells that carries oxygen to the body tissues.

The FDA requires that donors have a hemoglobin count of at least 12.5g /100ml to ensure that their bodies will have plenty of iron before and after donating. You can boost your hemoglobin levels by eating a healthy iron-rich diet, including foods such as lean meats and leafy green vegetables. If you are deferred for low hemoglobin, please try to donate again in two weeks.