



NORTHERN HIGH SCHOOL BLOOD DRIVE

**MARCH 1, 2024
9:00 AM – 2:00 PM
Auxiliary Gym**



to schedule an appt **Scan to schedule an appointment.** for a blood donation

Or <https://www.redcrossblood.org/give.html/donation-time?dt=WB:PL:DR:PM>

OR go to the redcrossblood.org website— sponsor code is Northern Guilford

How should I prepare for my blood donation?

Please make sure to bring your photo identification
& here are some other helpful tips to prepare:

- **Eat a healthy breakfast /lunch.**
 - **Choose lean proteins (lean meat, cheese and yogurt) or complex carbohydrates (bread, cereal and fruit) and avoid fatty foods**
 - **Drink a few extra glasses of water, including an extra glass about 10 to 30 minutes before your donation**
 - **Wear comfortable clothing with sleeves that can be raised above your elbow.**
- see back side for additional info. **THANK YOU!**

- Please see a Nursing Fundamentals Student if you have questions.

Taylor Balamucki	Sally Barnett
Jasmine Harris	Logan Clendenon
Bella Long	Kyleigh Comer
Chelsea Mitchell	Janiya Daise
Sarah Rackers	Kamiyah Je’Nay
Marley Smith	Celestina Eshiet
Abby Stefanick	Hasanna Evans
Savannah Thomason	Gracie Lackey
Paige Trogdon	Chloe Reis
Bren Williams	Kristen Wilson

Or contact Mrs. Riley @ rileyt@gcsnc.com
or in Room 176

Appointments usually last approximately 60 minutes
from check in to check out- and the actual blood donation only takes
10-15 minutes (Power red takes longer).

IMPORTANT- please have a good understanding of your medical history.

You will be asked a series of questions that are personal in nature

by RED CROSS STAFF –

about travel, medication, drug use and sex.

It’s important you answer questions honestly.

Remember, your answers are confidential.

**Following your donation, you will be escorted to a rest area where you will
receive snacks and fluids to drink.**

It is very important to continue to drink a lot during the rest of the day.