

Who Needs Blood?

Every two seconds someone needs blood. In fact, 1 in 7 people entering the hospital will receive blood.

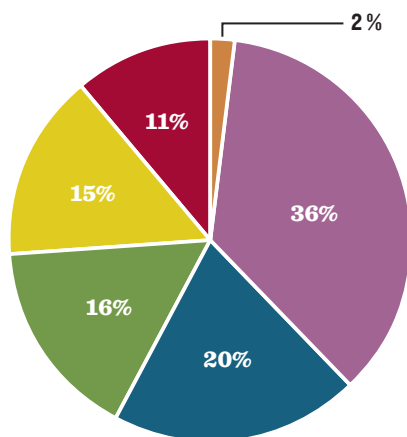



But when it comes to blood, statistics have a face.

You just never know who will need blood.

A friend. A son. A daughter. A mother will hold a newborn. A loved one will survive cancer.

When you give blood you give another birthday, another anniversary, another day at the beach, another laugh, another hug, another chance.




 General Medical Patients

 Cancer Patients

 General Surgery

 Heart Patients

 Emergency & Trauma Patients

 Other

Thank You for Saving Lives!

“
*I wouldn't
be playing basketball
without you”*”



Maddie. Blood recipient. | Nari. Blood donor.

Guide to Giving Blood



 www.facebook.com/BloodBankHawaii

 www.twitter.com/BloodBankHawaii

 www.instagram.com/BloodBankHawaii



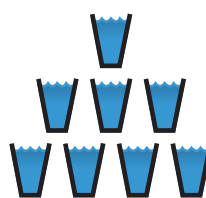
Blood Bank of Hawaii

The Power of One Hour

BEFORE YOU DONATE

Proper preparation will help ensure a safe and smooth donation experience.

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



AFTER YOU DONATE

4-6 Hours After Donating

Remove coflex 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.



Medications

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



Waiting Periods

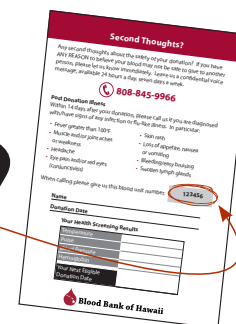
Most cancers require a one-year waiting period after completed treatment. Blood and lymph node cancers are still permanent deferrals.



Travel to certain international regions requires a waiting period that varies with the specific area and the length of stay.

Any issues or concerns, call BBH.

808-845-9966



To Make An Appointment
808-848-4770 | BBH.org



Would you carve out one hour of your day to save the life of someone you know? Of course you would. Why not do it for someone you don't know? Here in Hawaii, it's our nature to give. We enjoy helping others. **It's in our blood.**

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