

Save Lives

DONATE BLOOD

The day before you donate:

- Drink plenty of water
- Increase sodium intake
- Get a good night's sleep

Before you donate:

- Eat a well-balanced meal
- Drink plenty of water
- Bring a picture ID



JOIN OUR RED CORD PROGRAM

Donate just 3 times your senior year &

receive a red cord to wear at your graduation. Students unable to give blood may recruit family or friends to donate 5 times on their behalf. To qualify, donors can donate at school, blood drives throughout the community or at the Coastal Bend Blood Center. Donations must be made May 16, 2021 - May 14, 2022.

Eligibility Requirements:

- Must be feeling well and healthy the day of donation
- Must be 17 years of age or older
- Weight Requirements:
 - 17 years old: 115 pounds & 18 years or older: 110 pounds



Coastal Bend Blood Center

Giving so that others may live

Track Your Donations

Donations must be made May 16, 2021 - May 14, 2022

Use the space below to track your donations or make a list of individuals to recruit to donate blood on your behalf.

DONOR NAME:

DONATION DATE:

Frequently Asked Questions

How do I recruit donors to donate for me?

Utilize social media to recruit friends and family, recruit donors at local blood drives and recruit juniors on your behalf. Individuals donating for you must notify staff they are donating towards a senior's red cord.

How do donations count towards my goal?

Donating on your own: Seniors must donate 3 units to receive a red cord. A double red cell donation counts as two credits while whole blood, platelet and plasma donations count as one credit.

Recruiting donors: Seniors that cannot donate must recruit 5 donations made in your name to receive a red cord. All donations (double red cell, whole blood, platelet & plasma) will count as one credit.

Please notify staff on bloodmobile that you are a senior donating towards your red cord.



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