

# Blood Bank of Alaska Blood Guidelines

www.bloodbankofalaska.org

## Whole Blood Donations

Being a whole blood donor  
is *safe, simple,  
& fulfilling*

**You** can help as many as  
three patients with just one donation!  
**Your support is definitely needed!**

The entire whole blood donation process  
takes about one hour.  
You can donate whole blood every fifty-six days.  
Individuals who give blood assure an  
adequate supply is available –  
*saving someone's life!*

### Criteria For Donating Whole Blood

- Must be at least 16 years old.  
*Anyone 17 or younger must have a signed parental consent form.*
- Weigh at least 113 lbs.
- Be in good health.
- Eat a good meal and drink plenty of fluids



### Donor, Recipient, and BBA

The interlocking rings symbolize the bond  
between the blood donor and the recipient.

The sweeping line represents  
Blood Bank of Alaska,  
joining the two together.

*Give Blood Give Life*

## Mythbusters: Even if you...

- ...have Diabetes
- ...are taking Blood Pressure Medications
- ...have had Cancer
- ...have Tattoo/Piercing

**You may still be able to donate!**

### Conditions Preventing Blood Donation

- Hepatitis.
- I.V. drug use not prescribed by a physician.
- AIDS
- Not feeling well for any reason.

### BEFORE DONATING:

EAT A GOOD MEAL

DRINK PLENTY OF FLUIDS

Remember to bring a photo I.D. or your donor card.

*If you have a question about eligibility call*

# 222-5630

Visit:

[www.bloodbankofalaska.org](http://www.bloodbankofalaska.org)

to find a mobile drive near you.

Anchorage Main Center  
4000 Laurel Street  
near Lake Otis and Tudor  
(907) 222-5630

South Anchorage Center  
800 E Dimond Blvd  
2nd floor above the Ice Rink  
(907) 222-5630

Fairbanks Blood Center  
3010 Airport Way  
(907) 456-5645