

BLOOD DRIVE, NOVEMBER 10th

On November 10, 2009, there will be the second blood drive of the year! It will be in the third floor Conference Center from 7:30-3:30. Be sure to sign up during any of the lunches for an appointment time!

Things you will need to bring/do:

Provide picture identification—A student ID or drivers license will do. A recent change in the rules has allowed students as young as 16 to donate with a parent-signed release form. The donor must be at least 110 pounds. Make sure to drink plenty of water or juice before and after donating!

Why?

You may be asking yourself, “Why should I donate?”

Truth is, you could save up to FOUR lives with one donation, according to the Carter Blood Care website. Donating can make you feel very good about yourself, and it is very helpful to those that need it. You will be giving another person a second chance at life.

Besides helping others, there are some personal medical benefits of donating. They will give you a paper with a code on it so you can check your cholesterol and how much blood you have donated over time. To get to this area, go to the Carter Blood Care website, click on the “Cholesterol” tab, and then enter the information they provided you to check on your information!

Things to consider:

With it being flu season, many of you may have received a flu shot and think you can't donate, but you can! You are able to donate if you have had a flu shot, but there are some things that can make you unable to donate.

Please refrain from donating if you:

- Are currently ill and/or taking antibiotics
- Are 16 and without a parent-signed form

For any questions, call Mrs. Browning at her extension, 6572, or email her at sbrowning@irvingisd.net.