

Blood Buddies Patch Program Leader's Guide

With grateful acknowledgement to Elizabeth, Troop 368 & 512 who pioneered in this program.

Introduction:

The need for donated blood is critical.

Blood donation is completely safe, almost painless and takes very little time.

In an effort to educate girls and their families about blood and blood donation, Washington Rock Girl Scout Council developed this "Blood Buddies" patch.

How to Use the Patch Materials:

Patch Booklet:

The patch has been developed with nine requirements. Brownie Girl Scouts need to complete numbers 1, 3, 5, 7 and 8. Juniors and Teens complete all activities.

Leader's Guide:

The accompanying Leader's Guide is a reference booklet to be used by the adults working with groups completing "Blood Buddies" patch requirements. The booklet contains background information to help you fulfill requirements. It also has several possible activities to do with your troop. Choice of activities will depend upon the age level of your troop and the capabilities of the girls. The more mature the group, the more in-depth they will be able to work. It is up to the adults and girls to decide when they have earned the patch. It is believed that each girl will work to the best of her ability, which is why there is one patch for all levels.

Appendix:

In the back of the booklet is a list of resources to which you can write or call for additional information. It also contains program supplements.

Obtaining Patches:

The "Blood Buddies" patch is a 2" circle featuring two (2) red blood buddies on a white background with black lettering. The border is red which is the color for the World of Well Being. Patches are available at the Council shops.

The learning process can be made fun and enjoyable as well as educational by using some imagination. Information can be made interesting by introducing it as part of a skit, puppet show, game, hands-on experiment, creating an exhibit or poster, field trip, speaker program, film or slide presentation, service project or whatever else the group may decide upon. Don't expect children to retain by being lectured. Get them actively involved, moving, introduce a surprise! There is an old Japanese proverb that translates to:

“Tell me and I will forget.
Show me and I might remember.
Involve me and I will retain.”

A benefit to you is that you will be amazed at how much more motivated you will be to continue when you see how the girls respond to your exciting programs.

Requirement # 1

Facts About Blood

What is the composition of blood?

Blood is living tissue composed of cellular elements suspended in a watery fluid called plasma. The cellular elements which make up about 45% of the volume of blood are **red blood cells**, **white blood cells** and **platelets**. **Plasma** makes up about 55% of the volume of blood.

What are the functions of red blood cells, white blood cells and platelets?

The main function of **red blood cells** are to carry oxygen from the lungs to the body's cells and to bring the waste products, carbon dioxide, back to the lungs, where it is exhaled. The several varieties of **white blood cells** protect the body against infection and disease; some fight invading bacteria by surrounding and destroying them, while others play an important role in developing immunity to disease. **Platelets** help blood clot when a person bleeds.

What is the proportion of red blood cells, white blood cells and platelets in the blood stream?

The average adult has approximately 30 trillion red blood cells in the bloodstream to about 1 billion red blood cells in each 2 or 3 drops of blood. There is one white cell for every 600 red blood cells and 1 platelet for every 10 or 20 red blood cells.

What is the role of plasma?

Plasma transports the water and nutrients obtained from food to all the cells of the body as well as minerals and hormones essential to normal body development. It carries waste products to the kidneys for excretion. **Plasma** also contains a number of proteins and other substances vital in maintaining health.

How much blood is in the body?

About 7% of a person's weight is blood. The amount of blood varies according to height and weight. An average size man has about 12 pints of blood and an average size woman has about 9 pints.

How is blood kept healthy?

Just like the rest of the body, blood requires a good diet and plenty of rest and exercise to keep it healthy. Diet is probably the most important factor and foods such as leafy green vegetables, liver and the right amounts of vitamins and minerals will help keep blood healthy.

How does the body make blood?

The blood cells are primarily made in the bone marrow with the help of the spleen, lymph glands, stomach, liver and other specialized tissues. Blood cells are constantly being produced. Each red blood cell, for example, wears out after about 110 days and is then

replaced by a new one. Plasma, the fluid part of blood, receives water, nutrients and other vital substances from the digestive tract and other organs and tissues.

What is hemoglobin?

Hemoglobin is a protein substance in the red blood cells which gives blood its red color. It is the substance that carries oxygen to and carbon dioxide from the cells of the body. To make hemoglobin, the body must have iron, which comes from the food we eat.

What does low hemoglobin mean?

People who do not have enough hemoglobin in their blood to be blood donors are said to have **low hemoglobin**. One test to see if a person has enough in his/her blood may be performed by taking a drop of blood from the finger and dropping it into a solution of copper sulfate. The fall of the drop of blood in the solution indicates a sufficient hemoglobin level of the blood. Failure to pass does not necessarily mean that the prospective donor is anemic, since the blood bank's requirement is purposely high to allow for the donations of 450ml of blood (approximately 1 pint) without harm to the donor. Although some anemias may indicate a serious illness, low hemoglobin often is a temporary condition which can correct itself in several weeks.

Possibility: Demonstrate the different proportions of the element of blood.

You will need a baby food jar, ketchup, cooking oil and water.

Fill the jar 2/3 full of ketchup. *Carefully and slowly*, add 1/4" of water, then fill up with oil. The ketchup represents red blood cells; the water represents white blood cells and platelets, while the oil represents the plasma.

Caution: *Add the elements very carefully to avoid mixing them.*

Possibility: Show a film about blood. See listing in the appendix.

Possibility: Invite a nurse or doctor to speak to the group about blood, keeping it healthy and what it does.

Possibility: Make posters showing how food helps keep blood healthy. Younger girls could use food pictures from magazines.

Possibility: Do quiz #1 in the appendix. (Note: All the answers are "True")

Requirement #2

Blood disorders may be inherited, may be brought on by environmental factors or poor diet, may be the result of infection, or may occur for reasons that are not known yet.

Hemophilia is an inherited disorder in which the blood does not clot adequately because the person is missing "Factor H" from their blood. Bumps and bruises which for most people may not be serious can have severe outcomes for hemophiliacs. Internal bleeding can cause pain and further complications. This disorder is inherited through the mothers, but is exhibited most frequently by males. Very few females have been recorded as hemophiliacs.

Sickle cell anemia is also inherited. This disease affects the red blood cells, making them change shape and become less efficient at carrying oxygen around the body. A person with this disease experiences great difficulty with vigorous exercise.

Simple anemia is something people can usually control by eating a diet rich in iron and vitamins. In this disorder, the red blood cells do not contain enough hemoglobin, the substance that helps the red cells to carry oxygen around the body. People who are anemic tend to be pale and tire easily. Liver and leafy green vegetables are excellent sources of iron.

Hepatitis and **AIDS** are two examples of infectious diseases. Both are frequently acquired as a result of intravenous drug use. Needles shared by drug users may not be clean and the viruses that cause these diseases will be transmitted from the infected person to the next person who uses the needle. Hepatitis affects the liver causing difficulty with digestion and many other body functions. It is a very serious disease.

AIDS or Acquired Immune Deficiency Syndrome affects the body's ability to fight all other diseases. People with this disease become progressively weaker and eventually most die because of an overwhelming infection which they cannot fight.

The causes of diseases such as leukemia are not fully known yet. In general, the body produces white blood cells that are not fully mature and in very great numbers. The body is not able to fight infection and many other complications ensue. Drugs to fight leukemia destroy platelets along with the white blood cells.

Possibility: Invite an expert from a blood bank to talk about blood disorders (see appendix).

Requirement #3

Blood donations are needed for transfusions given for surgery and accidents. In addition, blood is needed on a continuing basis for victims of long term blood disorders.

The demand for blood is constantly increasing, with rapidly advancing medical technology. Yet only 5% of those eligible are blood donors. There is no substitute for human blood. The only way to maintain safe and an acceptable level of supply is through a program of voluntary blood donation.

Over 8 million people in the USA each year receive a blood transfusion and there is only one place to get it- from another human being who is willing to share this gift of life.

After blood is collected it is usually separated into its various components. Some of the ways these components are used are listed below.

COMPONENT

GIVEN TO PEOPLE WHO HAVE:

Plasma

Serious large burns
Lost a lot of blood suddenly

Red Blood Cells

Surgery
Sickle cell anemia

Platelets

Cancer
Leukemia

Factor H

Hemophilia

White Blood Cells

Overwhelming infection

In this way one unit of blood can be used to help many people.

Possibility: Play the following game so girls can see how one blood donation can help more than one person. Write the following words or phrases on cards (one phrase per card) Burn; Blood Loss; Surgery; Sickle Cell Anemia; Cancer; Leukemia; Hemophilia; Infection. These are "Receivers" of blood. Make enough cards repeating phrases as necessary so that there are 4 or 5 "receivers" for each girl in your troop.

Make 1 card for each girl as illustrated below:

My Family's Blood Donation
Red Cells
White Cells
Plasma
Factor H
Platelets

Explain to the girls that they are holding a card that represents 1 blood donation from their family. Let them see how many people need help. Ask then how many they think they can help.

They can tear their cards up so that they give to each "receiver" the component of blood that they need. They will be surprised at how many people one blood donation from each family would help.

Hint: Put the chart of "components" on the wall so they will know who should get what.

Possibility: Invite an expert to talk with you about donation (see appendix).

Requirement #4

- (a) Any person 17 years of age or older
- (b) Weight must be 110 lbs. or more to give blood.
- (c) Temperature below 99.6°
- (d) Pulse between 50 and 100 beats per minute.
- (e) Blood pressure Systolic 100-180- Diastolic below 100.
- (f) Hemoglobin for women above 12.5%, for men above 13.5%.
- (g) Must not have given blood less than 56 days prior to donation.

There are more medical criteria that must be met such as no serious illness or surgery within a specified time prior to donation. Some illnesses or medical conditions permanently prohibit a person from donation.

Additional information about blood, donating blood and the American Red Cross is available through the official Web site of the American Red Cross National Office.

www.redcross.org.

What happens when you give blood?

The first part of the donation process is registration. You will be asked your name, address, age, donation history, and other routine information. Next, each donor is asked questions about his medical history. These questions are designed to make sure that there is nothing in the donor's history that would preclude making a donation. After registration, each donor is given a brief physical examination to determine weight, blood pressure, hemoglobin level, pulse rate and temperature. The mini-physical helps ensure the safety of both the donor and the recipient.

After these preliminaries, the donor enters the actual donation area and the process of giving blood begins. The donor is asked to lie down on a comfortable cot where the donation site on your arm is cleaned and the blood is drawn from a vein in the arm. Each donation is 450ml or approximately 1 pint. After giving blood, the donor goes to a canteen area for a brief period of rest and refreshments. The actual donation takes only about 10 minutes and is relatively painless. The whole procedure, from the time the donor enters the blood center until he/she is ready to continue with the day's activities, is only about 45 minutes. After your donation, the body begins immediately to replace the pint of blood. The fluid volume is restored within a few hours. The red blood cells replace themselves more slowly but are back within a few weeks. This enables one to donate safely about every 56 days.

Are you concerned about a safe blood supply?

Now more than ever, is the time for healthy people to donate blood.

All equipment used to draw blood is sterile and disposable, including needles.

The site on the skin from which blood is drawn is thoroughly cleansed by medical technicians, who draw blood only from healthy, volunteer donors.

YOU CAN NOT GET AIDS FORM DONATING BLOOD

The following tests are performed on each donor at the time of donation:

- ABO/Rh determination
- Antibody detection
- Automated test for Syphilis
- Antibody to Human Immunodeficiency Virus (anti HIV 1/2)
- Antibody to Hepatitis B Core Antigen (anti-HBc)
- Antibody to Hepatitis C Virus (anti-HCV)
- Antibody to Human T-Cell Lymphotropic Virus (anti HTLV I/II)
- Nucleic Acid Test for HIV 1/2/HCV and West Nile Virus (WNV)

Possibility: Invite an expert to talk about how a blood bank runs.

Possibility: View a film or video about how a blood bank operates.

Possibility: Read the list of excuses and answers in the appendix and share it with the troop. You will need plain and peanut M&M's and 2 bowls. Let each girl read or say an excuse that someone might give about giving blood. Let another girl give the answer. For each "good" put a plain M&M in a bowl. For each "fake" answer to which there is a good answer put a peanut M&M in the other bowl. You will end up with more peanut M&M's than plain ones, showing that there are not many reasons why people can not give blood. Share the M&M's for a snack!

Requirement #5

- (a) The normal temperature of the human body is between 97.6°F and 99.6°F. Most people's temperature is around 98.6°F. A higher temperature may indicate an infection or other illness. The temperature is most commonly obtained using an oral thermometer placed under the tongue.
- (b) The pulse indicates the rate and regularity of the heartbeat. The pulse may be felt most easily on the inside of the wrist in line with the base of the thumb. It is felt by placing the index and 2nd finger on the pulse spot and counting the beats for one minute. The pulse should be taken while the person is sitting down quiet. The pulse will be higher during and immediately after exercise or stress. A normal pulse taken while sitting is between 72-80 beats per minute. See appendix for how to take a pulse.
- (c) Blood pressure measurements indicate the force with which the heart is pushing the blood through the body. See appendix for full explanation of blood pressure.

Possibility: Have a nurse or other expert show you how to correctly take and read temperature, pulse and blood pressure.

Possibility: Have girls team up and do a mini physical on each other.

Possibility: Have troop sit down and take their pulses. Become active for a few minutes (do jumping jacks for example). Take their pulses again. What were the differences?

Requirement #6

All blood falls into the following types. A, B, AB, & O. There is an additional factor known as the Rh factor and it is expressed as Rh positive (Rh+) or Rh negative (Rh-).

So there are 8 blood types:

A+	A-
B+	B-
AB+	AB-
O+	O-

Requirement #7

A blood drive means involving a lot of people in all phases of the drive. It does not matter how old your girls are, they can be involved! They become members of a Life Team. The first step

is to find out from one of the blood agencies listed in the appendix who is conducting a blood drive in your town and find out how you can help.

Possibilities: They are endless!

Brownies could:

- Make posters about your town's blood drive
- Take information home to parents to encourage them to donate at your town's blood drive
- Take home a paper Blood Buddies patch to remind parents to donate
- Circulate flyers to neighbors
- Make cookies for the blood drive

Juniors could:

- All the above, PLUS
- Baby-sit donor's young children at the blood drive
- Make simple games for the children
- Work at the canteen during the blood drive

Cadettes could:

- All the above PLUS
- Run the whole blood drive

Seniors could:

- All the above PLUS
- Donate blood if they are 17 years old and have written consent from parents/guardians

Requirement #8

98% of donors experience no adverse reaction at all. In fact, most feel great, having done something important for another human being.

The few people who do experience reactions can be treated easily. Competent personnel will be on hand at a blood drive, but the first aid needed is easily learned by most people.

Reaction

First Aid

Bleeding from the donation site. Apply firm pressure with a clean pad. Elevate the arm so that it is higher than the rest of the body. Have the donor lie down.

Light headedness/feeling faint/nausea Have the donor lie down and then raise their feet 4-5 inches on a pillow or folded blanket. If the donor is sitting, have them lower their head between their knees. A cold compress on the back of the neck or on the head usually helps.

Possibility: Have troop practice first aid for donor reactions.

Possibility: Have a nurse, first aid instructor, or other expert give a first aid course appropriate for the age of the troop.

Blood type is inherited from parents.

When matching up a recipient with a donor's blood it is important that the blood is compatible. If the wrong type is given there could be serious complications. Before a transfusion is given, a small amount of the donated blood and the recipient's blood are analyzed to be sure of a good match.

People with blood type AB+ are known as "universal recipients". In an emergency they can receive any type of blood. People who have O- blood are considered "universal donors". Their blood can be given to anybody in an emergency.

Possibility: Learn the Blood Buddies Song. (See appendix)

Possibility: Have each child find out what their blood type is by asking their parents. Frequently a pediatrician will have this information. It is usually part of a birth record.

Possibility: Invite an expert from a blood bank to demonstrate blood typing.

Possibility: Play the Blood Buddies game. (See appendix)

Requirement #9

Here's how one blood bank works – American Red Cross

A visit to the center

Advances in donor screening and blood testing have dramatically improved blood safety. All blood donated at American Red Cross blood centers nationwide -- approximately 50 percent of the nation's blood supply -- is tested in one of our National Testing Laboratories (NTL's), laboratories designed to adapt rapidly to changing technology and new scientific and medical advancements. Red Cross NTL's are located in or near Atlanta, GA; Boston, MA; Charlotte, NC; Detroit, MI; Philadelphia, PA; Portland, OR; St. Louis, MO; San Bernardino, CA; and St. Paul, MN. Should a natural disaster or other event temporarily close one NTL, testing can be transferred to another site so that the blood supply will not be disrupted.

The Process

At the time of donation, sample tubes of blood are also taken. If you are a donor, you have probably noticed the bar code on the tubes, the blood bags and your donor record. This is how we track your donation. The tubes are sent to the NTL where they are spun in a centrifuge to separate the liquid portion (serum) from the cells (white cells and red cells). The red cell portion is used to determine your blood type and the serum is tested for viral diseases. Test results are transferred electronically to the sending blood center via computer within 18 hours. Blood given for the community blood supply that does not pass the laboratory testing is destroyed. If the donor's health is in question, he or she is notified and may be counseled.

Type-Testing

We test donated blood to determine the ABO and Rh type. After you make your first donation, you will receive a Red Cross donor card that tells you your blood type. It is important for a patient to receive blood that is the correct match to prevent a serious reaction. We also screen blood for antibodies that could trigger a reaction.

Disease Testing

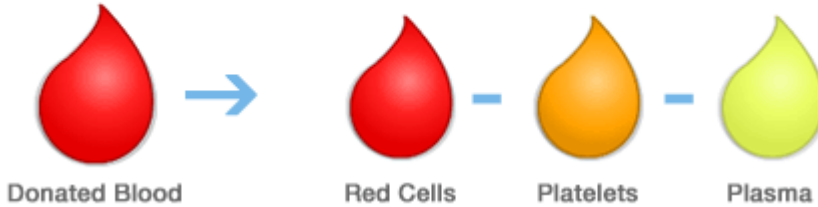
Every blood donation is screened using these tests to reduce the risk of disease transmission:

Disease	Test	Implemented	Discontinued
HIV/AIDS	HIV-I Antibody test	1985	
	HIV-1/2 Antibody test	1992	
	HIV-I p24 Antigen test	1996	2003
Hepatitis B	Hepatitis B Surface Antigen	1971	
	Hepatitis B Core Antibody	1987	
Hepatitis C	Anti-HCV	1990	
Hepatitis	ALT	1986	2003
Syphilis	Serologic test for syphilis - TP or RPR	1948	
Human T-cell Lymphotropic Virus (HTLV)	HTLV-I Antibody test	1989	
	HTLV-I/II Antibody test	1998	
Hepatitis C and HIV/AIDS	Nucleic Acid Testing (NAT)	1999	
West Nile Virus	Nucleic Acid Testing (WNV-NAT)	2003	

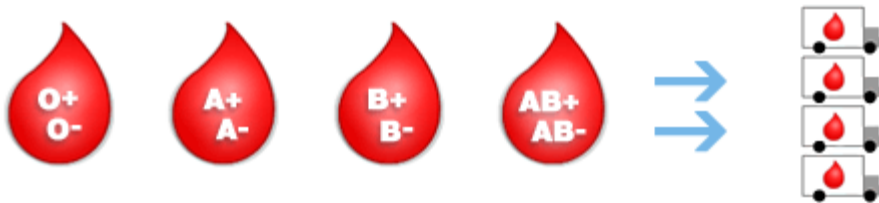
CMV testing is performed on some units of blood for patients who require CMV negative blood, for example, neonates weighing less than 1500 grams, and immuno-compromised or immune.

Blood Processing

Blood is separated into its component parts at our Red Cross labs

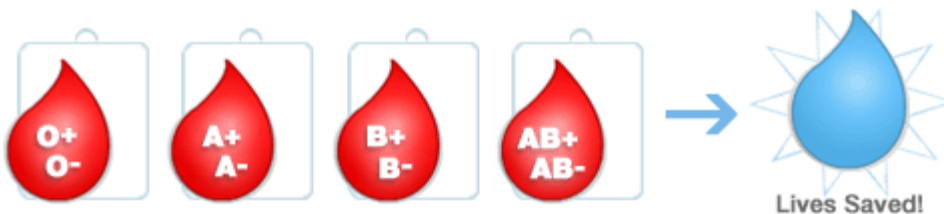


Blood components are labeled according to blood type and stored at appropriate temperatures at our Red Cross labs



*Blood components are distributed to hospitals as needed

At the hospital blood components are cross-matched with patients blood



Services

Individual Blood Donations:

Last year some 8,000 area residents took the time to donate blood in our donor room. This painless half-hour procedure, which includes a medical history evaluation and a mini-physical, has attracted men and women in every age group who enjoy the satisfaction of sharing the “gift of life” with their neighbors. Most of these donors return regularly, taking advantage of the Blood Bank’s flexible hours and comfortable donating environment.

Organizational Blood Drives

These external blood drives take place throughout the country, involving businesses, labor organizations, schools, religious groups, and the military. The Blood Bank's professional staff conduct each drive, with the help of the volunteer chairmen who coordinate donor recruitment within their organizations. These drives, as well as the on-site donations, reflect the spirit of giving that is present in all of the Blood Bank's activities.

Autologous Blood Donations

This increasingly requested donation procedure allows individuals with upcoming surgery to have their own blood available for 42 days. Patients can donate up to 4 units of blood as often as once a week and the last unit has to be drawn at least three days before surgery. This procedure requires a physician's prescription and an appointment.

Directed Donations

In this procedure, units of blood are drawn from a patient's relatives, friends or colleagues for use by the patient in upcoming surgery. Candidates most likely to receive directed donations include the very young and the elderly, two groups least able to donate for themselves.

Platelet Pheresis

Our expanded Pheresis program allows for the collection of platelets from a single donor in quantities that until recently required numerous donors to supply. The result is that our area hospitals have this preferred product for patients, such as those with leukemia or cancer, whose illness requires this treatment.

Therapeutic Phlebotomy

At a doctor's request, blood can be drawn for therapeutic purposes, such as when an individual produces too many red blood cells or stores an abnormal amount of iron.

APPENDIX

People/Places

American Red Cross
Jersey Coast Chapter
1540 West Park Avenue
Tinton Falls, NJ 07724

E-mail: chapter@jerseycoast-redcross.org
Phone: 732-493-9100
Fax: 732-493-8871
Web site: <http://www.jerseycoast-redcross.org>

<http://www.givelife2.org/donor/process.asp>

Also contact nurses, doctors, rescue squads, first aid instructors.

Quiz #1

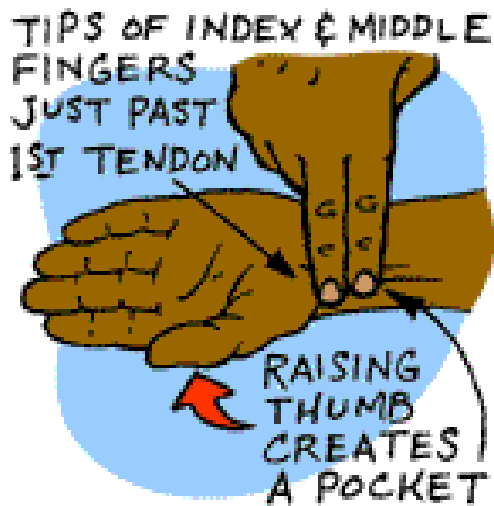
For use with requirement #1

WHAT IS BLOOD?

	<u>TRUE</u>	<u>FALSE</u>
1. About 7% of a person's body weight is blood.	_____	_____
2. The average adult has 9 to 12 pints of blood.	_____	_____
3. Red cells make your blood red.	_____	_____
4. White cells protect against infection.	_____	_____
5. Platelets help you clot your blood when you bleed.	_____	_____
6. Blood cells are constantly being made in your body.	_____	_____
7. A red blood cell wears out after 110 days of use in your body.	_____	_____
8. Hemoglobin is the substance in the red cells which carries oxygen to and carbon dioxide from your body. To make hemoglobin your body needs iron from the foods you eat.	_____	_____
9. There are 4 main blood types.	_____	_____
10. Your blood type is inherited from your parents.	_____	_____
11. By eating a balanced diet we help keep our blood healthy and red.	_____	_____
12. There is no substitute for human blood.	_____	_____

How to take a radial (ra-d-ull) pulse: The radial artery is found close to the inside part of your wrist near your thumb. You will need a watch with a second hand to count your pulse. The following steps may help you take your radial pulse.

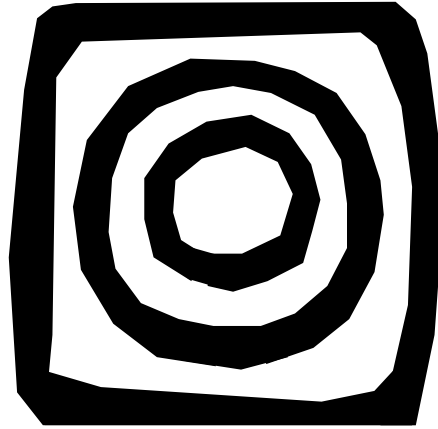
- Bend your elbow with your arm at your side. The palm of your hand should be up.
- Using your middle (long) and index (pointer) fingers, gently feel for the radial artery inside your wrist. You will feel the radial pulse beating when you find it. Do not use your thumb to take the pulse because it has a pulse of its own.
- Count your radial pulse for a full minute (60 seconds). Notice if your pulse has a strong or weak beat.
- Write down your pulse rate, the date, time, and what wrist (right or left) was used to take the pulse. Also write down anything you notice about your pulse, such as it being weak, strong, or missing beats.
- The radial artery is an easy artery to use when checking your heart rate during or after exercise.



For use with requirement #6

BLOOD BUDDIES GAME

Make a square game board from 4 colors of construction paper. Make each square a little smaller than the first. Example:



Use pennies, buttons or such as players.

Start on the outer most boarder, go in a circle and ask each child a question from the game question sheet. As they answer the question they advance to the next level of color till they have answered four questions correctly. The game is not over till each child has completed their questions. This way everyone wins.

The questions can be added to, changed and repeated during the game.

For use with requirement #7

EXCUSES AND ANSWERS

<u>Excuse</u>	<u>Answers</u>
1. Giving blood hurts!	1. You feel a pin prick and then you just feel good because you're helping.
2. I'm too young; I'm only 17!	2. Anyone is eligible between the ages of 18-71. 17 years old may donate with their parent's written permission.
3. I'm too skinny- I'll lose more weight!	3. Anyone weighing at least 110 lbs. is eligible to donate.
4. I gave last year- I can't give now!	4. Only 8 weeks must elapse between donations.
5. I had hepatitis 3 years ago.	5. Anyone who has had hepatitis can not donate- ever.
6. I had my appendix out 2 months ago.	6. Six months must elapse for donation.
7. I had very serious surgery 3 years ago.	7. You can donate. Only 6 months must elapse.
8. I had a baby a year ago.	8. Only 6 months must elapse for donation.
9. I had a tooth extracted last week.	9. Only 3 days must elapse before donation.
10. But I just ate lunch.	10. That's good- you won't get hungry until dinner- you can donate.
11. My temperature is too high- 99°F.	11. You can donate if your temperature is between 97.6° and 99.6°F.

Questions for Blood Buddies Game

- Q. What makes blood red?
A. Red cells
- Q. How much of a person's body weight is blood?
A. 7%
- Q. How much blood does the average person have?
A. 9-12 pints
- Q. What do white cells do?
A. Protect against infection
- Q. What helps your blood clot?
A. Platelets
- Q. How often is blood made by your body?
A. Constantly!
- Q. How many days does it take to wear out a blood cell?
A. Approximately 110 days
- Q. Name 7 blood groups
A. A+, A-, B+, B-, O+, O-, AB+, AB-
- Q. How do you get your blood type?
A. From your Mom and Dad
- Q. What helps keep your blood healthy?
A. A balanced diet, sleep and exercise
- Q. Is there a substitute for blood?
A. No
- Q. How old do you have to be to give blood?
A. 18-71 years of age- 17 with written consent from parent or guardian
- Q. How much is the least amount you can weigh to give blood?
A. 110 lbs.
- Q. How much time is needed between donations?
A. 8 weeks
- Q. What would stop a person from donating? i.e. physical problems
A. Hepatitis, jaundice, diabetes, hypertension, low temperature, low hemoglobin, low weight, etc.
- Q. What is the average temperature of a person?
A. 97.6°F-99.6° F. being the best

BLOOD BUDDIES SONG
(Sung to "Old McDonald" tune")

Giving blood is lots of fun

A, B, O, AB

Good to do for everyone

A, B, O, AB

With an A needed here and,

An O needed there

Here an A then a B

Everywhere an AB

Giving blood is lots of fun

A, B, O, AB

Giving blood is quick to do

A, B, O, AB

With an A needed here and,

An O needed there

Here an A there a B

Everywhere an AB

Giving blood is quick to do

A, B, O, AB