

# Parental Information on Student Blood Donation

Please return this form to the **school** prior to the drive.

Your son or daughter has expressed interest in donating blood with the Cape Cod Healthcare Blood Drive at their high school.

In Massachusetts, a minor who is at least 16 years old may become a blood donor, if the minor's parent agrees. It is Cape Cod Healthcare's policy that a signed Parental Consent for Blood Donation (see reverse side) is required for 16-years-old donors to donate at a High School sponsored blood drive.

For donors who are 17 years old or older, parental consent is not required.

We hope that you will support and encourage your son or daughter to become a blood donor. By becoming a blood donor, your son or daughter is showing great civic responsibility, maturity, and a sense of community pride. Through blood donation, your son or daughter can positively impact the health of a patient. In fact, all blood donated to Cape Cod Healthcare stays on Cape Cod and is used locally for our families, neighbors and friends.

## THE DONATION PROCESS

There are 4 steps to the donation process:

1. **Registration** – Each donor is required to present a picture ID with the donor's date of birth and complete a list of health-related questions.
2. **Medical Evaluation** – The medical evaluation ensures safety for both the blood donor and recipients. In order to donate, an individual must be in good health, be at least 16-years-old, and weigh 110 pounds. Each prospective donor will meet privately with a donor specialist who will check the donor's blood pressure, temperature, pulse, and hemoglobin level. Please call us if you have any questions about donor eligibility at 1-508-86-BLOOD.
3. **Blood Collection and Testing** – Blood is collected through a sterile needle inserted into the donor's arm. The actual blood donation takes about 10 minutes to ensure the safety of persons who may receive donated blood, all donated blood is tested for ABO blood typing, HIV (the virus that causes AIDS), hepatitis B and C, West Nile virus, syphilis, and other illnesses. All donor information is kept strictly confidential; however, if any of these screening tests are positive, we will inform the donor and when required by law his or her parent/guardian will be informed. In some cases, the donor's name may be entered in a registry of ineligible donors and we must inform certain government health agencies as required by law.

4. **Refreshment and Relaxation** – After the donation, donors are encouraged to spend time in the refreshment area. Snacks and drinks are provided to replenish fluids and energy levels. Also, it is important that the donor drinks plenty of fluids in the 24 hours before, during and after donation.

**Potential Risks.** There are some potential risks in donating blood, including: discomfort, swelling and bruising at the needle site; fainting and convulsions; injury to blood vessels or nerves; infection; and local blood clot. These risks are relatively uncommon.

If your son or daughter wants to donate and you agree to proceed with blood donation, please read, sign and return the Consent for Blood Donation section on the reverse side.

Revised 09/21/2023

*(forms on reverse side)*



CAPE COD HEALTH CARE  
Nicholas G. Xiarhos Blood Donor Center

What's donated here stays here to help  
your friends, family, and neighbors.

## Consent for Blood Donation

If your son or daughter is 16 years old, please sign that you have read and discussed the Parental Information (*on the reverse side*) and are giving permission for them to donate blood. Return the signed form prior to the blood donation date.

I, \_\_\_\_\_ give permission for my son/daughter to donate blood.  
NAME of PARENT or GUARDIAN (PRINT)

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Name of Student (PRINT): \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone number(s) where the parent / guardian can be reached during the drive:

\_\_\_\_\_ or \_\_\_\_\_

Please return this form to the **school** prior to the drive.

Remind your student to eat a good breakfast that day and drink plenty of fluids the day before, day of and day after their blood donation. Strenuous activities are not permitted the day the blood donation but can resume the day after.

If you have any questions, please contact the Nicholas G. Xiarhos Blood Donor Center at 508-862-5663. Blood Donor Services, Cape Cod Hospital, 27 Park Street, Hyannis, MA 02601

Thank you for your support of the blood product needs of Cape Cod and Falmouth Hospital patients!

Revised 09/21/2023



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## CAPE COD HEALTHCARE

Nicholas G. Xiarhos Blood Donor Center

Thank you for your interest in donating blood at the upcoming blood drive. To ensure that you are eligible to donate please take a few minutes to review the following information.

You must be at least 16 years old and weigh 110 lbs to be eligible to donate. In Massachusetts, a minor who is at least 16 years old may become a blood donor, if the minor's parent agrees. It is Cape Cod Healthcare's policy that a signed Parental Consent for Blood Donation is required for 16-years-old donors to donate at a High School sponsored blood drive. For donors who are 17 years old or older, parental consent is not required.

Travel and Medications represent some of the more common reasons why someone might be deferred from donating.

### Monkeypox

- A diagnosed monkeypox infection: a deferral period of two weeks (14 days) from the end of symptoms and the disappearance of vesicular lesion scabs. If the disease has required hospitalization, the deferral period is three months.

### Covid

- Donors who have any symptoms of Covid-19 and/or tested positive for COVID-19 should postpone their donation for 10 days and be symptom free before donating.

### Covid Vaccination

In most cases, there is no deferral time for individuals who received a COVID-19 vaccine as long as you are symptom free and feeling well at the time of donation. The following eligibility guidelines apply to each COVID-19 vaccine received, including boosters:

- There is no deferral time for eligible blood donors who are vaccinated with an inactivated or RNA based COVID-19 vaccine manufactured by AstraZeneca, Janssen/J&J, Moderna, Novavax, or Pfizer.
- Eligible blood donors who received a live attenuated COVID-19 vaccine or do not know what type of COVID-19 vaccine they received must wait two weeks before giving blood.

### Travel

- If you have visited a region of the world where malaria is a risk, please wait to donate until you have been back home for at least 3 months.

### Medication

- If you are currently under a doctor's care or taking medications, please call us at 508-862-5663 to see if you are eligible to donate.

### Tattoo/Piercings

- You must wait 3 months from the date you received your tattoo or ear/body piercing before you are eligible to donate.
- **Donor Eligibility:** A person who has had ear or body piercing in the past 3 months is at increased risk for transmitting HIV and other infectious diseases and is deferred for 3 months from the date of the procedure, **unless** the ear or body piercing has been done using single-use equipment. There is an increased risk for transmitting HIV and other diseases if the equipment is re-used.

Additional eligibility information can be found on our website - [www.capecodhealth.org/give-blood](http://www.capecodhealth.org/give-blood).

We look forward to seeing you at the blood drive. Please be sure you have something to eat and drink prior to your appointment and bring an ID with you (permit, driver's license, passport – something to verify your age). If you have any questions about your eligibility to donate, please let us know by emailing [jdecoste@capecodhealth.org](mailto:jdecoste@capecodhealth.org). Thank you!

9/21/23