Dear Parent,

On October 1, 2002, a law went into effect in the State of Maryland that allows 16-year-old donors to donate blood with parental or legal guardian consent. This change was initiated by a 16- year-old who wanted to help strengthen our community blood supply.

Your son/daughter has expressed an interest in donating blood at an AAMC blood drive. Please read all the information below in order to follow the procedures required by Anne Arundel Medical Center Blood Donor Center for the upcoming blood drive.

PARENT/GUARDIAN INFORMATION:

- Read and review with your son/daughter the Blood Donor Education Materials.
- Most donors have uneventful donations and most reactions, when they occur, are minor.
- We take extra care to make sure your child has a pleasant donation experience by raising the weight limit for some donors based on their height, having them drink a bottle of water within 30 minutes of their donation, having them perform muscle tensing exercises during the donation, and by closely monitoring them in the refreshment area for ***at least*** 15 minutes post donation.
- Read, review and sign the Parental Consent form.

STUDENT INFORMATION:

- Prior to donating, get a good night's **sleep**.
- **Eat** a full breakfast or lunch before donating. You can't donate blood on an empty stomach.
- **Drink** plenty of fluids. Drink a bottle of water that we will provide you prior to your donation.
- You must have sufficient blood volume, based on height and weight to be able to donate.
- No body/ear piercing within the last 12 months unless piercing was performed with a sterile, single use, disposable needle and septic technique.
- You must be 7 days symptom free if you've had a cold or the flu.
- No tattoo(s) within the last 12 months.
- Return the signed Parental Consent form.

Thank you for your interest in making a blood donation to Anne Arundel Medical Center Blood Donor Center. For information or questions about donating blood call 443-481-4215.