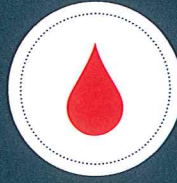
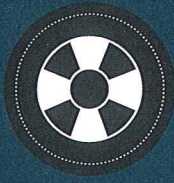
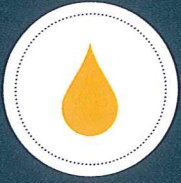




American
Red Cross



Join Camp Do Good

DONATE BLOOD. HELP SAVE LIVES.

Blood Drive
City of Osseo
Municipal Building
13712 8th Street

Tuesday, July 12, 2022
12:00 p.m. to 6:00 p.m.

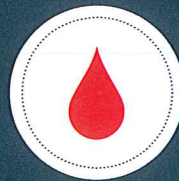
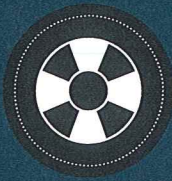
Please call 1-800-RED CROSS (1-800-733-2767) or visit RedCrossBlood.org and enter: cityofosseos to schedule an appointment.



Scan to schedule
an appointment.



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Maximize your blood donation. Help more patients.

Power Red

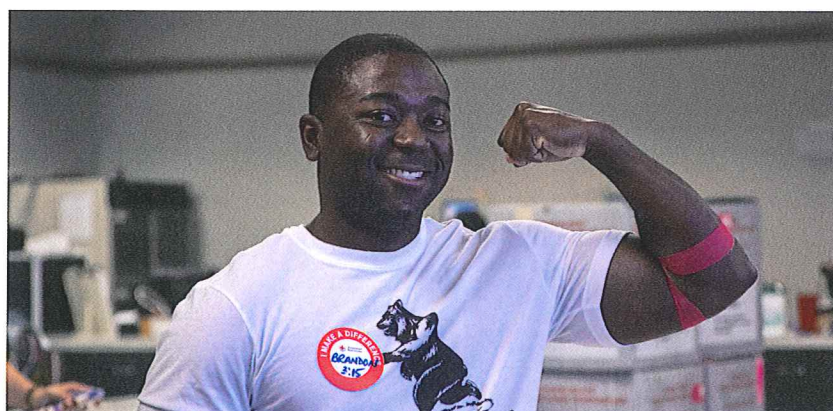
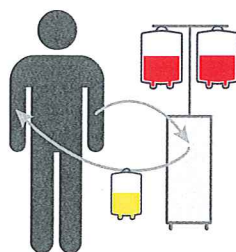


**American
Red Cross**

Red blood cells are the most commonly transfused blood component, and therefore the most needed. Since they carry oxygen throughout the body, they are essential to hospital patients. Give a Power Red donation and you can help more patients.

Power Red Donation

During a Power Red donation, you give a concentrated dose of red cells, the part of your blood used every day for those needing transfusions as part of their care. This type of donation uses an automated process that separates your red blood cells from the other blood components, then safely and comfortably returns your plasma and platelets to you. These red cells help trauma and surgery patients, those undergoing organ transplants, women experiencing complications from childbirth, and people with anemia.



Help more patients with one scheduled appointment. During a Power Red donation, a donor gives more red blood cells than they do during a regular whole blood donation.

Maximize your impact. With just a little extra time at your appointment, you increase your impact on patients in need.

A comfortable experience. Many donors say they prefer the experience of a Power Red donation: it requires a smaller needle and fluids are returned to the donor during the donation process.

Important Donor Information:

- We encourage donors with the following types to give a Power Red donation: O negative, O positive, A or B negative.
- Donors who are A or B positive are encouraged to give a whole blood donation, as plasma is needed from these blood types.
- Power Red donors can give every 112 days, which is different than a regular blood donation every 56 days.
- We recommend that females wait until age 19 or older to donate Power Red.
- In addition to meeting standard blood donor qualifications, the following requirements apply for those interested in Power Red donation:

Power Red Requirements		
	Female	Male
Minimum height	5'5"	5'1"
Minimum weight	150 lbs.	130 lbs.

Call **1-800-RED CROSS (1-800-733-2767)** or visit redcrossblood.org/givemore to schedule an appointment or for more information.

About Donating Blood



What can I expect at my donation?

In a confidential and private setting, you'll answer some questions about your health history and places you have traveled. We'll take your blood pressure, temperature and a small sample of your blood to test your iron level. We'll cleanse the area of your arm and insert a sterile needle, through which the blood or blood component will be drawn. After donation, you can relax in the refreshment area, enjoy a snack and beverage and take pleasure in knowing your blood donation may help save lives.

Can I find out my blood type?

Download the Blood Donor App and you'll be able to view your digital donor card, including your blood type, just a few days after donating.

How often may I donate blood?

You may donate whole blood every 56 days, up to six times per year; platelets every seven days, up to 24 times per year; plasma every 28 days, up to 13 times per year; and double red cells every 112 days, up to three times per year.

Will I have to limit my activities after donating?

Do not do any heavy lifting or strenuous exercise for the rest of the day. You may want to schedule your appointment several hours after planned exercise.

How can I help keep my iron levels healthy?

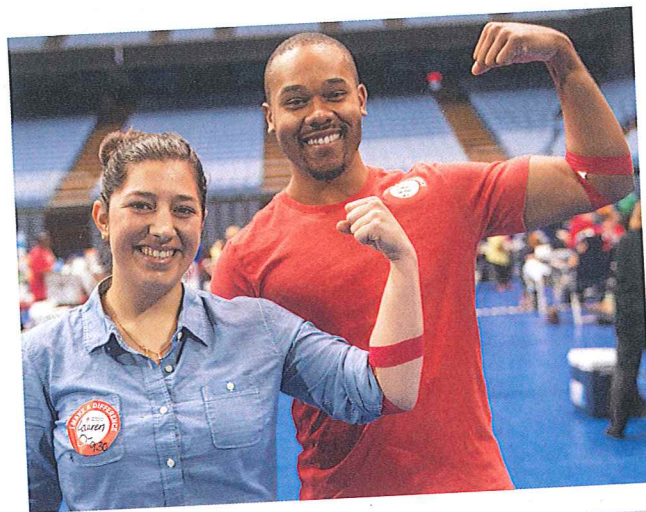
Maintaining adequate iron levels is part of being a healthy donor. Make sure to eat a nutritious, well-balanced diet with foods rich in iron and high in vitamin C. You can also speak with your health-care provider about taking a multivitamin with iron.

What if I have recently gotten a tattoo and/or body piercing?

If your tattoo was applied in a state-regulated/licensed tattoo facility using sterile needles and the ink was not reused, you may be able to donate. You may donate after receiving a body piercing as long as you are certain a sterile needle was used. Otherwise, you must wait three months after receiving a tattoo or body piercing.

I've been turned down before. Should I try again?

Yes. Most deferrals are temporary—not permanent. Check with Red Cross staff to find out if you can now donate.



To be eligible to donate blood you must:

- be at least 17 years old (16 with parental permission in some states)
- meet height and weight requirements (at least 110 pounds based on height)
- be in generally good health

Before donating you should:

- get a good night's sleep
- drink plenty of fluids
- eat within 2-3 hours

Be sure to bring your:

- donor card or a government issued photo I.D.
- parental consent form if you are a 16-year-old donor
- wear clothing with sleeves that can be raised above the elbow

The Donation Process



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Giving whole blood is simple. The donation process, from the time you arrive until the time you leave, takes about an hour. The donation itself is only about 10 minutes. And the satisfaction you get from knowing you've helped change a life? Timeless.

Step 1: Registration

- You will read information about donating blood.
- You will be asked to complete a form with demographic and basic health information.
- You will be asked to show an American Red Cross donor card or positive ID.

Step 2: Health history and mini physical

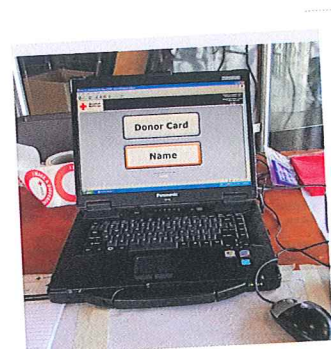
- A trained staff person will ask you some health history questions during a private and confidential interview.
- You will have your temperature, iron level, blood pressure and pulse checked to protect your health and well-being.

Step 3: Donation

- Staff will cleanse an area on your arm and insert a needle for the blood drawing procedure.
- The actual process of donating blood takes approximately 7-10 minutes.
- When about a pint of blood has been collected, the staff will remove the needle and place a bandage on your arm.

Step 4: Refreshments

- You will spend a few minutes enjoying refreshments so your body can adjust to the slight decrease in fluid volume.
- Enjoy the feeling of knowing you've done something good.



Before you give: Get a good night's sleep, have a good breakfast or lunch, drink extra water and fluids (but avoid tea, coffee or caffeinated beverages), eat iron-rich foods like fortified cereals and broccoli, and avoid fatty foods like hamburgers, fries or ice cream.

While you give: Wear clothing with sleeves that can be raised above the elbow, show the staff "good veins" that have been used to draw blood in the past, and don't forget to relax.

After you give: Enjoy a snack and drink in our refreshment area. Drink plenty of fluids in the next 24 to 48 hours, avoid strenuous physical activity or heavy lifting for about five hours, and eat a well-balanced meal.

Remember: Donors seldom experience discomfort after giving, but if you feel light-headed, lie down until the feeling goes away. If bleeding occurs after you take off your bandage, apply pressure to the site and raise your arm until the bleeding stops. If bruising or bleeding appears under the skin, apply a cold pack. And if for any reason, something doesn't feel right, call the post-donation number at 1-866-236-3276.

Wear your badge of honor proudly! You've earned it!



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SURGERY: A person may donate if he/she has returned to normal activity, feels well, and the underlying illness is not a disqualifying factor. A person with a sutured minor cut and/or laceration may donate if there is no infection.

TATTOO: A person may donate if the tattoo was applied at a state-regulated facility that uses sterile needles and single-use ink. A person must wait 12 months after having a tattoo applied in a facility that is not state-regulated, regardless whether sterile ink and needles were used. For specific states that are regulated, call the Donor and Client Support Center at 1-866-236-3276.

TRAVEL OUTSIDE THE U.S.: Travel restrictions vary widely, and the following are more common restrictions. For specific areas of travel, call the Donor and Client Support Center at 1-866-236-3276.

A person may donate who has traveled to a non-risk area of a malarial risk country and is free of unexplained symptoms suggestive of malaria.

A person must wait twelve months after travel to a malarial risk area or Iraq.

A person must wait three years after the date of departure after having lived five years or more in any malaria risk country(ies) or in a non-risk area within a malarial risk country.

A person is permanently ineligible after the following travel:

- between 1/1/80 and 12/31/96, a total of 3 months or more in the United Kingdom (England, Scotland, Wales, Northern Ireland, Isle of Man, Channel Islands, Gibraltar, Falkland Islands)
- between 1/1/80 and 12/31/90, a total of 6 months or more on or associated with a U.S. military base in Belgium, Netherlands (Holland) or Germany
- between 1/1/80 and 12/31/96, a total of 6 months or more on or associated with a U.S. military base in Spain, Portugal, Turkey, Italy or Greece
- a total of 5 years or more in Europe

WEIGHT / HEIGHT: Donors must weigh at least 110 pounds, with two exceptions.

- Double red cell donation: Height and weight criteria differ, depending on the equipment used. A person should call the local blood donation center for more information.
- Young donors: A person who is 18 years of age or younger and all student donors at high school blood drives must also meet additional height and weight requirements, per the following charts:

MALE donors must weigh 110 pounds or more, depending on their height in the following chart:

If you are	4'10"	4'11"	5' or taller
You must weigh at least	118	114	110

FEMALE donors must weigh 110 pounds or more, depending on their height in the following chart:

If you are	5'1"	5'2"	5'3"	5'4"	5'5"	5'6" or taller
You must weigh at least	133	129	124	120	115	110

Young females who are shorter than 5'1" may still be eligible to donate blood. Call the Donor and Client Support Center at 1-866-236-3276 to ask about eligibility.