

EDITORIAL FOR SECONDARY SCHOOL AND OTHER NEWSLETTERS

New Zealand Blood Service (NZBS) will be holding a mobile blood drive at:

Paraparaumu College
Auditorium
Monday 18th March 2019 from 9.00am until 2.00pm

(MANDATORY SECTION)

Information for Parents, Guardians and Whanau

It is important that we encourage students into a lifetime habit of donating blood and making a worthwhile contribution to their community.

The Care of Children Act 2004 allows people 16 years and over to make their own decisions about whether or not they wish to give blood. Students may choose to donate blood at this session.

NZBS recommends students discuss becoming a blood donor with their family. If families have a particular objection to the student choosing to donate blood please make this known to the student and to the school before the blood drive date stated above. More information about blood donation will be available on the day of the blood drive.

Parents are also welcome to come to the school to donate blood at this blood drive.

If you require any further information please call 0800 GIVEBLOOD (0800 448 325) or visit www.nzblood.co.nz

(NEXT SECTIONS ARE OPTIONAL IF SPACE IN THE SCHOOL NEWSLETTER ALLOWS)

Becoming a Blood Donor...

Age:	<u>First Time Donors</u> 16 to 65 years of age.	<u>Existing Donors</u> Up to 71 years of age.
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Height /Weight: Weigh at least 50kg - First time donors under 25 years of age must also meet the height and weight criteria. Use our [handy calculator](#) on our website at www.nzblood.co.nz to find out if you can donate.

Health:

- You must be in good health.
- You cannot donate if you have a cold, flu, sore throat, cold sore, stomach bug or any other infection.
- If you have recently had a tattoo or body piercing you cannot donate for 4 months from the date of the procedure.
- If you have visited the dentist for a minor procedure you must wait 24 hours before donating; for major work wait a month.

Travel:

- You must not have lived in the United Kingdom, France or the Republic of Ireland between 1980 and 1996 for more than 6 months or received a blood transfusion in ANY of these countries since 1980.
- If you have been overseas recently, please refer to the "Donating after Travelling" tool available at www.nzblood.co.nz to find out when you can donate.

Food: You must have eaten some food during the four hours prior to donation.

Identification: You must bring suitable identification with you. Acceptable ID is a document or combination of documents containing three (3) separate identifiers (e.g. NZBS Donor ID number, Full name, Photograph, Date of Birth, Home Address). A Student ID Card is acceptable if it features a photograph and two of the identifiers listed above.

With your consent we may also ask the school to confirm you are at least 16 years of age.

Important facts about blood

- There is no substitute for human blood—healthy donors are the only source of our blood supply.
- 29,000 patients are treated with blood or blood products in New Zealand each year.
- A blood donation is separated into different components, each of which is used to treat different patients—accident trauma, patients undergoing surgery, people with leukaemia, transplant patients and many others. Blood products are also used for immunisation to help prevent diseases such as hepatitis A and B, tetanus and chickenpox.
- Each donation is able to help save up to 3 people—blood donors are literally lifesavers.