

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 that 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 and donate blood at this blood drive.

NZBS respects the privacy of all donors and recommends conversations around blood donor eligibility is carried out sensitively. If you require any further information, please call 0800 GIVE BLOOD (0800 448 325) or visit nzblood.co.nz

Becoming a blood donor ...

Age:

First time donors

16 to 70 years of age.

Existing donors

Up to 80 years of age, subject to approval.

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.
- You must wait 3 months following a tattoo or piercing before you can donate. If a piercing was performed by a registered health professional (G.P, pharmacist, etc.), you may be eligible to donate after 12 hours.
- If you have recently visited the dentist, you must wait at least 24 hours following a minor procedure (cleaning, fillings or braces) or until you have recovered before donating. For complex procedures, such as tooth extraction, please wait at least 7 days after your procedure and any antibiotic treatment.

Travel:

- 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 need to bring suitable identification with you. Examples of acceptable ID are driver's license, birth certificate or passport. A Student ID Card is acceptable if it features full name, date of birth and a photograph.

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.
- Around 30,000 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 leukemia, 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 can help save up to 3 people - blood donors are literally lifesavers!