

NORTH HUNTERDON HIGH SCHOOL

Dr. Gregory Cottrell
Principal

Ms. Alexa Freguetti
Athletic Director



Assistant Principals
Mr. John Deutsch
Ms. Stacy Ditze
Mr. Timothy Flynn
Mr. Chris Maslonka
Mr. Robert Pellechio

November 2021

Dear Parents, Guardians, and Students:

Blood donations in New Jersey, as elsewhere, are always in desperately short supply and particularly now during this pandemic. While 60% of the population is eligible to give blood, only 5% of those eligible actually do. Yet, every three seconds, someone needs a blood transfusion.

North Hunterdon High School is proud to announce that we are hosting a blood drive on November 23. Each year, our teachers, students, parents/guardians, and community members have come forward to help others through blood donations. Their generosity was acknowledged again last year as North Hunterdon High School was among the list of leading corporate and educational blood donor groups by New Jersey Blood Services. In fact, North Hunterdon was listed as #1 among high schools in New Jersey. We hope our community's generosity will continue.

The blood drive will be held in North Hunterdon High School's Main Gym on Tuesday, November 23 from 7:30 a.m. to 3:00 p.m. Due to Covid-19 and the guidelines that have been established, you will need to reserve a time slot for your donation. Please click [HERE](#) for the sign-up link.

While students who are seventeen and eighteen years old may donate legally without parental permission, we ask that they speak with their parents/guardians before donating and that they obtain written permission (see below). We also extend a special invitation to our students who will be sixteen years old by November 23rd. With parental permission, sixteen-year-olds can donate in the state of New Jersey. In addition to filling out the permission slip below, they must also fill out the New Jersey Blood Services Parental Consent Form attached.

Reminders and new guidelines for donating:

- All Donors should drink plenty of water and eat regular meals on donation day.
- All donors must show some official form of identification, such as a picture ID or driver's license.
- If you have a blood donor card, please bring it with you when you donate.
- All donors' temperatures will be taken prior to entering the blood drive.
- May NOT donate if have had a positive diagnostic test or experienced symptoms of COVID-19 in the last 14 days.
- May NOT donate if are on self-quarantine restrictions.

We look forward to your help. Save someone's life on November 23rd!

Sincerely,
Greg Cottrell, Ed.D.
Principal

All students, regardless of age, must have this permission slip signed by a parent/guardian. If you are 16 years of age or older, you are eligible to donate blood. Please submit this permission form, signed by your parent/guardian, when you come in to donate blood. Sixteen-year-olds must also submit the New Jersey Blood Services Parental Consent form.

I am giving permission for my child _____, who is a minimum of 16 years old, to donate blood on November 23, 2021 at North Hunterdon High School.

Signature of Parent or Guardian: _____



Unit Number _____

New Jersey Parental Consent Form for 16-Year-Old Donors

(Blood Center copy- please print in ink)

This is to certify that

★ _____
NAME

is 16 years old. I have read the information below and I give my consent for my child/ward to participate in the blood drive. This may include donating blood.

★PARENT/GUARDIAN SIGNATURE

★DATE OF SIGNATURE

HOME PHONE

PARENT'S CELL PHONE

Reminders

- Eat well before your donation
- All donors must present identification with the donor's full name and photo
- All first time donors must show proof of age

★required fields

Donation Process

To determine if your child is eligible to donate, we will:

- Ask questions about health, travel, sexual activity and medicines to determine risk for viruses and other disease.
- Take your child's blood pressure and temperature
- Take a small blood sample via a finger stick to ensure your child is not anemic.

If your child is eligible to donate, we will:

- Cleanse the arm with an antiseptic.
- Use a new, sterile, disposable needle and set to collect the blood.

Possible Donation Complications and Adverse Effects:

Most donors tolerate giving blood well, but on occasion reactions and complications may occur. On average, a very small number of donors have a reaction or complication when they donate either a pint of whole blood or donate blood using our automated technology. Examples of reactions and complications which may occur when donating whole blood or donating using automated technology may include anxiety; feeling warm or cold; nausea or vomiting; and dizziness or fainting. Bruising, nerve injury, or infection may also occur at the needle site. Injuries from falls following dizziness or fainting occur on rare occasions. Some of these reactions and complications may occur more frequently with younger donors donating whole blood versus donating blood using automated technology. Donors using automated technology may experience tingling of the fingers and around the mouth that is caused by citrate, a substance used to keep blood from clotting in the machine. Infrequently, muscle spasms can also occur. Very rarely, a donor using automated technology may develop decreased calcium levels (hypocalcemia) or an irregular heart-beat from citrate. Our staff is trained to recognize and manage such reactions. Donating blood temporarily reduces the body's iron level. In most donors, this has no effect on their health. As many teens have lower iron reserves than adults, it is advised to replace the lost iron through a daily multivitamin with iron or iron supplement of about 18-36 mg for 56 days.

What happens to the donation:

To protect patients, the blood is tested for viruses and certain other infectious diseases. If the blood tests are positive, it will

not be given to a patient. Your child will be notified about test results that may disqualify him or her from donating in the future. From time to time, New York Blood Center (NYBC) may offer additional health-related screening tests (such as cholesterol testing) to donors. Your child will be advised at the time of donation concerning the specific test(s) that may be performed and provided with the opportunity to decline the offer. The results of any additional health related screening tests will be provided. Some of the blood may be used for research studies or investigational test procedures which will be conducted in accordance with guidelines established by NYBC's committee for protection of human subjects. If the results from any study could affect your child's health, your child will be notified.

If your child responds to the optional question regarding racial or ethnic group, the blood may also be tested for the presence of a rare blood type. If a rare blood type is found based on the optional screening program, we will notify your child by mail.

What happens to the test results:

Your child may be asked to speak with one of NYBC's medical professionals if the blood tests are positive for certain viruses and your child may also be asked to return for a follow-up visit and further testing. The names of donors whose blood tests positive are kept in confidential files. These files can be opened solely by authorized NYBC personnel. New York Blood Center will not release positive test results without your written consent unless required by law (e.g. to the Health Department, FDA, or by judicial process).

We will not notify your child if the test results are negative or if sample tubes do not provide enough blood to complete all laboratory tests.

NYBC protects the confidentiality of all its donors.

If you have any question about your child's donation, please call **914.784.4623** during normal business hours.

Some products used in blood collection contain natural latex rubber which may cause allergic reactions.

Thank you for consenting for your child to donate blood.