



Scan the QR code to learn more about scheduling a blood donation.



Text BWAPP to 999-777 to download the Bloodworks App



Frequently Asked Questions

WHO IS ELIGIBLE TO DONATE BLOOD?

Most people in good health are eligible to donate blood. For more info, go to bloodworksnw.org/eligibility, email eligibility@bloodworksnw.org, or call (425) 656-3077.

IS THERE AN AGE LIMIT TO DONATING BLOOD?

The minimum age is 16; those who are 16 or 17 in Washington must have a signed permission form, which can found on our eligibility page.

HOW LONG DOES IT TAKE TO DONATE BLOOD?

Blood donation from start to finish takes about an hour, but actual donation time is only about 10 minutes.

DO I NEED TO MAKE AN APPOINTMENT OR CAN I JUST WALK IN?

Appointments are required for the best possible donation experience. Same day appointments are available at most locations. You can look for open appointments online or call us at (800) 398-7888.

CAN I BRING MY CHILD WITH ME TO MY APPOINTMENT?

Bloodworks does not have childcare options and because we are a medical facility, we kindly ask that you not bring your children to your appointment.

The Donation Process and What to Expect

Drink plenty of fluids and eat regular meals leading up to your donation to ensure a better blood donation experience.



1

QUICKPASS

This confidential form will ask you about your health history and can be completed before you come in for your appointment – just make sure it is completed on the same day of the appointment.



2

CHECK IN

Arrive on time for your appointment and don't forget to bring photo ID and signed permission form if required for your age.



3

HEALTH CHECK

Bloodworks staff will review any items that need additional follow-up and then check your blood pressure, temperature, pulse, and iron levels.



4

BLOOD DRAW

Relax in a donor chair while a unit (1 pint) is collected by specially trained Bloodworks staff. The actual donation time takes about 10 minutes.



5

REFRESHMENTS

Finish up with juice and cookies in the canteen before you go about the rest of your day.



INTERESTED IN HOSTING A BLOOD DRIVE? SCAN CODE TO LEARN MORE.

@bloodworksnw



Blood Drive Toolkit

Organizing your Blood Drive

Estimated # of donors for your drive: _____

Supporting our Community's Blood Supply

Each blood donation has the potential to save multiple lives. Blood is vital for people of all ages battling cancer, receiving organ transplants or treatment for bleeding disorders, undergoing surgery, or care for trauma or accidents. By holding a blood drive with Bloodworks Northwest, you can help ensure our community has enough blood to support local patients.



Steps to a Successful Blood Drive

Organizing a blood drive is easy and your Bloodworks representative will be a great resource for you every step of the way.

1. FIND YOUR POTENTIAL

Start by finding out how many in your group are interested in donating blood and which days work best to optimize participation. To gauge interest, circulate a commitment sheet or email asking people if they will donate if you have a blood drive.

2. SET A GOAL, A SITE, AND A DATE

Your Bloodworks rep will work with you to select an available date that works for your group, and a space that fits within blood drive requirements. Your rep will schedule a site inspection to assess the location in advance of the blood drive. This is also a great time to discuss promotions for your event.

3. FORM A COMMITTEE

It can be beneficial to have helpers within your group who can take the reins in case you're not available. Your committee can help with the details of the blood drive—from helping with promotions to managing access to the space.

4. RECRUIT DONORS AND PROMOTE

Your Bloodworks rep will provide you with promotional materials. Check out the **Recruitment Ideas** for best practices and determine what works best for your group. Most people who haven't donated blood say they've never considered it because they haven't been asked!

5. PROVIDE SUPPORT DAY OF THE DRIVE

Make sure you or someone from your committee is available on the day of the drive to provide support to Bloodworks staff to access the building, restrooms, lighting or temperature controls, or to help answer questions by phone if they come up.

6. THANK YOUR DONORS

Share out results with your donors and thank them for their participation. Because donors can give blood every 56 days, booking out your next blood drive on a regular cadence can provide your donors with a consistent and predictable blood drive schedule and location!

Recruitment Ideas

- **Ask your donors face-to-face!** You are giving them a chance to give back to their community in a powerful, personal, and relatively easy way.
- **Email your in-house distribution list.**
- **Post on social media.**
- **Plan radio promotion.**
- **Make an announcement at a meeting or service.**
- **Connect special events to the blood drive.**
- **Add the drive to your website, calendar of events, chat channels, and newsletter.**
- **Hold a friendly competition** to see which group can get the most donors.
- **Ask your organization's leader (president, pastor, etc.) to donate,** make an ask to members to donate blood, or share about the importance.
- **Encourage donors to invite a friend or family member.**
- **Post signage and consider tabling** to share information during high-traffic times and areas at your site.
- **Offer incentives** that your group could give to donors, such as wellness points or receiving service hours.



Bloodworks Talking Points & Donation Facts

Bloodworks is your community, non-profit blood center for local hospitals.

When you donate with Bloodworks, local blood donors are helping local patients.

It takes 1000 donors each day to support hospital and patient needs.

Only 3% of the U.S. population donates blood each year.

Every 2 seconds someone in the U.S. needs blood.

About 25% of the blood supply is used by patients battling cancer.

Your entire appointment will take about an hour, but actual donation is about 10 minutes.

Donating blood is a fun way to find out your blood type!

Planning Your Blood Drive

INSIDE BLOOD DRIVE

- Bloodworks will need access to the space and restrooms before the drive to set up.
- Ensure the space is clear to accommodate 5-7 tables and 20-25 chairs (depending on the size of your blood drive). Please adjust the room temp to 65-68° F if possible.
- Blood drives are often all-day events with a break to allow for lunch. If your drive is open to the public, have restrooms available to donors the entire time.
- Bloodworks will clean and pack up following the end of the blood drive, and will need access to restrooms until our departure.

BLOODMOBILE DRIVE

- Bloodworks will arrive to park and set up before the drive begins, and will need access to restrooms upon arrival. Reserve parking for the bus with cones or other means, if possible.
- Blood drives are often all-day events with a break to allow for lunch. If your drive is open to the public, have restrooms available to donors the entire time.
- Bloodworks will clean and pack up following the end of the blood drive, and will need access to restrooms until our departure.