

National Blood Donor Month

Answer Key

Correction Marks

donating blood is a relatively straightforward, yet essential process that can save lives to donate blood, you typically follow these steps, first, ensure you meet eligibility criteria such as age, weight, and health restrictions, usually needing to be at least 17 or 18 years old, on the day of donation, prepare by eating a balanced meal, staying hydrated and getting a good night's sleep. Arrive at a local blood donation center or mobile blood drive and provide identification then complete a brief health questionnaire to assess your eligibility. A nurse or technician will review your medical history, take your vital signs, and ensure your fit to donate sign a consent form indicating your willingness to donate, and then the blood collection process begins. you'll be seated comfortably in a chair as a sterile needle is inserted into a vein in your arm, with the collection usually taking about 10 minutes, your blood is collected into a sterile bag mixed with an anticoagulant to prevent clotting, and labeled with your information

Complete Passage

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