

February is Heart Month!!

Blood Drive For Children's National Hospital Sponsored by Lakewood Elementary PTA



Did you know....

- As a result of the pandemic, blood donations dropped by 60 percent?
- There is now a nationwide blood and platelet shortage, including at Children's Hospital?
- One unit of blood you donate can help 4-5 children?
- If you are willing to donate directly at Children's, your blood can help address the shortage immediately, this month!

When: February 8, 9, and 24

Where: Children's National Hospital
111 Michigan Ave, NW, Washington DC

How: (1) Pre-register to donate
and/or
(2) Volunteer to drive others

Details on reverse

Blood Drive

For Children's National Hospital

Sponsored by Lakewood Elementary PTA

Appointment strongly recommended to ensure that donor center has sufficient staff on that day. Click below and select tab for whole blood or platelets. For additional donation dates, contact the blood donor center.



Wednesday February 7th:

<http://tinyurl.com/ttmehjnb>



Thursday, February 8th:

<http://tinyurl.com/2vfsu4r3>



Saturday, February 24th:

<http://tinyurl.com/2r8d87bb>

Willing to drive a donor? Need a ride? Sign up here.

<http://tinyurl.com/nhz4t2pa>



Frequently asked questions

- **Whole blood donation** is approx. 40-50 minutes. **Platelet donation** is approx. (2) hours. Both types of blood products are badly needed.
- **All donors must present a photo ID at the registration (employee ID, driver's license, passport, etc.)**
- Be at least 17yo. and weight of 110 lbs. on the day of donation.
- If you are uncertain of your eligibility, call center at 202/476-5437 from 7:30am – 4pm (Monday – Friday).
- Parking validation for all donors; use garage is under the hospital, off of Michigan Avenue NW.
- **No fasting before/after donating.** Eat a good breakfast/lunch prior to donating and drink .16oz of water on day of donation.
- No physical exercise/workouts after donating; you could have a reaction if you do so.
- Platelet donors should not take aspirin or aspirin products 48 hours prior to donating.