Coastal Bend Blood Center

High School Hero Program

The day before you donate:

- Drink plenty of water
- Increase sodium intake
- Get a good night's sleep

Before you donate:

- Eat a well-balanced meal
- Drink plenty of water
- Bring a picture ID

Eligibility Requirements:

- Must be feeling well
- Must be 17 year or older
- Must have a photo ID
- Weight Requirements:
  - 17 years old: 115 pounds
  - 18 years or older: 110 pounds

JOIN OUR RED CORD PROGRAM

Donate just 3 times your senior year

& receive a red cord to wear at your graduation. Students unable to give blood may recruit family or friends to donate 5 times on their behalf. To qualify, donors can donate at school, blood drives throughout the community or at the Coastal Bend Blood Center. Donations must be made May 15, 2022 - May 13, 2023.

Coastal Bend Blood Center

Giving so that others may live

Join the Blood Center's
Red Cord Program

Donations must be made May 15, 2022 - May 13, 2023

The Coastal Bend Blood Center has gone digital! Moving forward, all donors will have to scan the Red Cord QR Code below to give donation credit towards a Senior.

Scan the Red Cord QR Code below!

1. Scan the Red Cord QR Code within 5 days of your donation to credit a High School Senior.
2. Fill out the Red Cord Form with a Senior's Name & the High School they are attending.
3. This form must be filled out each time you donate for a High School Senior in the Coastal Bend Area.
4. Your donation has been credited to a Senior!

Frequently Asked Questions

How do I recruit donors to donate for me?

Utilize social media to recruit friends and family, recruit donors at local blood drives and recruit juniors on your behalf. Individuals donating for you must scan the Red Cord QR Code in order to credit a donation towards a Senior's red cord.

How do donations count towards my goal?

Donating on your own: Seniors must donate 3 units to receive a red cord. A double red cell donation counts as 2 credits while whole blood, platelet and plasma donations count as 1 credit. *The QR Code doesn't need to be scanned if donating for yourself.

Recruiting donors: Seniors that cannot donate must recruit 5 donations made in your name via the Red Cord QR Code to receive a red cord. All donations (double red cell, whole blood, platelet & plasma) will count as one credit.

Donors must scan the Red Cord QR Code to credit your donation towards a Senior!

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