

Cord of Courage

Program Overview

- The Cord of Courage program's goal is to encourage blood donations from high school students.
- Students can begin donating at age 16 with parental consent.
- Students need to donate at least 6 times before graduation in order to qualify for a Cord of Courage.
- In April of the graduation year, schools will submit a list of their Cord of Courage donors, which will be verified by Blood Assurance.
- Once verification is complete, the students will be presented with their Cord of Courage.

Where to Donate

Blood drives! Look for one at your high school, church or a public drive.
Blood Centers! Blood Assurance has eleven locations where you can donate blood.

Ways to Donate

- **Whole Blood:** takes about 30 minutes. Red cells, plasma and platelets are drawn from the donor. You can donate whole blood every 56 days.
- **Apheresis:** depending on your height and weight, the process takes about an hour. Prior to donating, a test will be run to determine the donor's platelet count. Then selected components (red cells, plasma and/or platelets) are drawn from the donor, filtered, and the unused components are returned to the donor. You can donate apheresis every 7 days. Do not take aspirin 48 hours before you plan on donating.
- **ALYX:** ALYX is an automated system, like apheresis, that allows donors to give enough red blood cells to make two units. ALYX collects only the red blood cells, and returns the other components of the blood back to the donor. To qualify as an ALYX donor, males must be 5'1" and weigh at least 130 pounds. Potential female donors must be 5'5" and weigh at least 150 pounds. A typical ALYX donation lasts 20-25 minutes. ALYX donors can donate once every four months.

**Remember you have to weigh at least 110 pounds to donate blood, and be in good general health.
Drink lots of water to prepare your body for donation, and eat a good meal before donating.**



For more information,
contact your blood drive
coordinator or contact
Blood Assurance at:
423.756.0966
800.962.0628
www.bloodassurance.org

