



MAKE YOUR **MARK**

Organ & Tissue Donation Educator Resource Guide



LIVE ON
nebraska



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MAKE YOUR MARK

Dear Educator,

Live On Nebraska is one of 57 organ procurement organizations across the country that works every day to save and enhance lives through the gift of organ, tissue and eye donation.

Currently, there are more than 100,000 people waiting on the transplant list for a lifesaving organ in the United States. The wait can last months or even years, and 20 people die each day because they will not receive a transplant in time.

Our goal is to educate all Nebraska students about the question they will answer when they sign up for their driver's license: *Do you want to be an organ and tissue donor?*

Anyone age 16 and over can register to be a donor, and it's important to make that decision with as much knowledge as possible. Through educational presentations, we hope to give students the resources they need to make the right decision for themselves.

We've created a variety of resources and tools that educators can use in the classroom, online or as part of a group activity. The resources are designed to provide important facts about donation and spark conversation about the decision to become an organ and tissue donor. We also offer in-classroom and virtual presentations provided by our staff and volunteers.

Additionally, please consider sending other educators' names through our referral program. If your referral requests or provides a donation presentation, you will receive a \$15 Amazon gift card. Find all the program resources and referral program information at **LiveOnNebraska.org/Education**.

Thank you for the work you do with our youth to promote education in your school and across our state. We look forward to hearing from you!

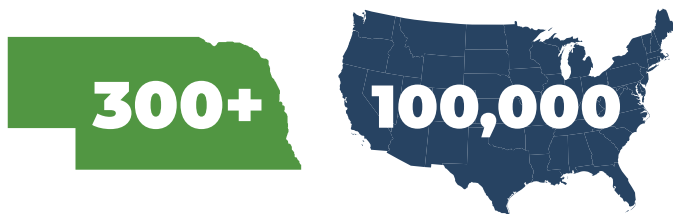


LIVE ON
nebraska

Facts & Figures

Today, hundreds in our state and more than **100,000** people across the U.S. need a lifesaving transplant. **We all can help.**

THE WAITING LIST



Every **10** minutes

another name is added to the waiting list

Each day **20** people die

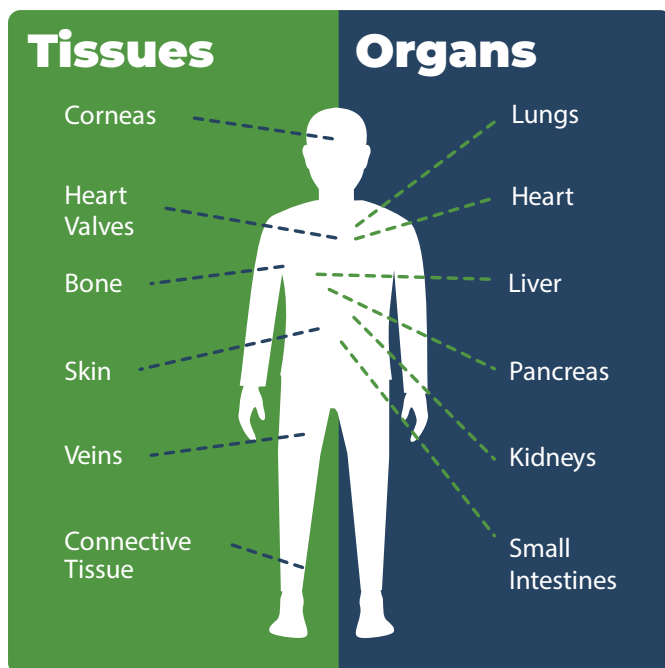
waiting for an organ transplant

THE POWER OF ONE

One organ donor can save **8 LIVES**

One tissue donor can heal **100 PEOPLE**

WHAT CAN BE DONATED



THE FACTS ABOUT DONATION

Anyone age 16 or over can register as an organ, tissue and eye donor regardless of age, health or lifestyle.

Registering as a donor does not affect your medical care. Donation is only considered after all lifesaving options have been exhausted.

Organs are matched based on compatibility, recipient urgency and distance from the donor. Organs are never matched based on someone's race, gender, income or social status.

Donation is free for the donor's family.

About Live On Nebraska

Live On Nebraska is dedicated to transforming lives through organ and tissue donation. We are a conduit for transplantation, partnering with hospitals in Nebraska and Pottawattamie County, Iowa, to facilitate the recovery of organs and tissues from those who choose to donate life. We work around the clock to provide hope and healing to donor families and recipients and to end the wait for more than 100,000 Americans in need of a lifesaving transplant.

Live On Nebraska is an independent, non-profit organization. We are one of 57 organ procurement organizations (OPO) throughout the country serving our community through:

- The recovery of organs and tissues for transplantation
- Maintaining the Donor Registry of Nebraska
- Providing education about the importance of donation and registering as an organ, tissue and eye donor

MISSION

To heal and connect through organ and tissue donation.

VISION

To be an unparalleled leader in donation, where those in need receive a transplant without waiting.

VALUES

Passion Ownership Collaboration
Candor Tenacity Gratitude





Understanding Organ & Tissue Donation & Transplantation



Organ & Tissue Donation Opportunities



Organ donation

Organ donors give transplant recipients a second chance at life. Six vital organs can be donated. Most commonly, organ donation occurs after someone has died. However, some organs can be donated while the donor is living, helping to shorten the waiting list.



Tissue donation

Each year, millions of people receive tissue transplants. These recipients are spared amputation, recover after breast cancer treatment, return to the field following sports injuries, survive devastating burns and much more. Donated tissue includes bones, skin and tendons, among others.



Eye/corneal donation

Eye/corneal donors can help restore sight for two people. Donor and recipient blood types do not have to match, and it does not matter whether a donor has cataracts, poor eyesight or has been diagnosed with cancer.



Birth tissue donation

The tissues that nourish a baby during pregnancy — the placenta, umbilical cord and amniotic fluid — can also provide healing after delivery. Birth tissue donation can occur after planned C-section deliveries and facilitates natural healing for up to 15 patients with chronic wounds, eye conditions, burns and more.



Donation for research

Organs and tissues not suitable for transplant may be donated for research purposes. These gifts allow researchers to gain insight into the causes of — and treatments for — many types of diseases and conditions, potentially benefitting millions of people worldwide.

The Power of Donation

Organ donation

One deceased donor can save up to eight lives. These are people of all ages and walks of life. Anyone age 16 or over can register to be a donor.



Tissue donation

Would you believe that tissue donation can help even more people? One tissue donor can heal more than 100 people.



The Need for Donation

The waiting list

The numbers below are approximate. The number of people on the waiting list changes daily.

	All Organs	Kidney	Liver	Heart	Lung	Pancreas	Intestines
Number Waiting U.S.	100,000+	90,000+	11,000+	3,500+	1,000+	800+	200+
Number Waiting NE	300+	200+	90+	20+	1+	10	15



WAITING LIST

100,000+

1 PERSON
ADDED EVERY

10 MINUTES

20 DIE

EACH DAY



WAITING LIST

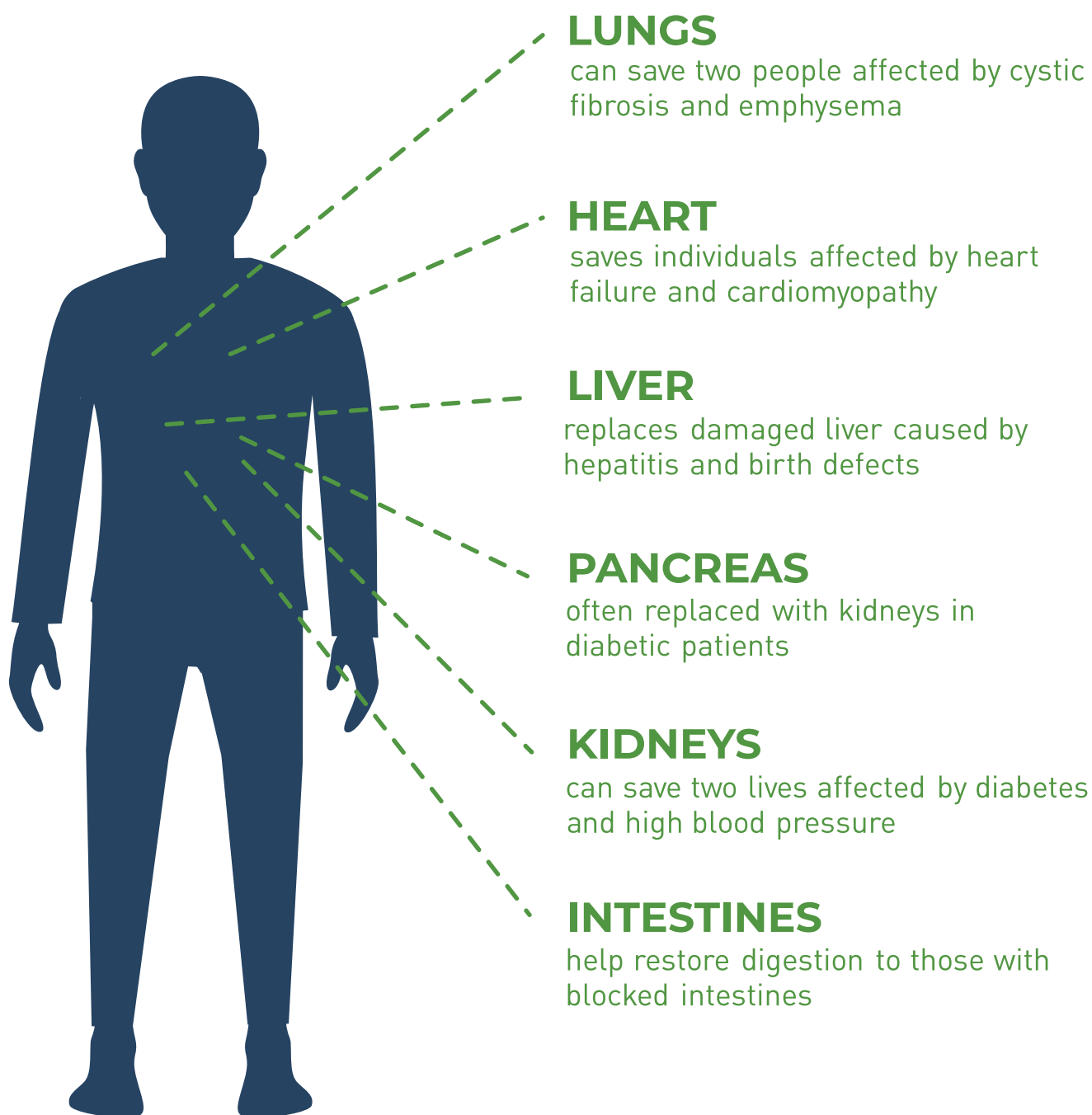
300+

1 DIES

EACH WEEK

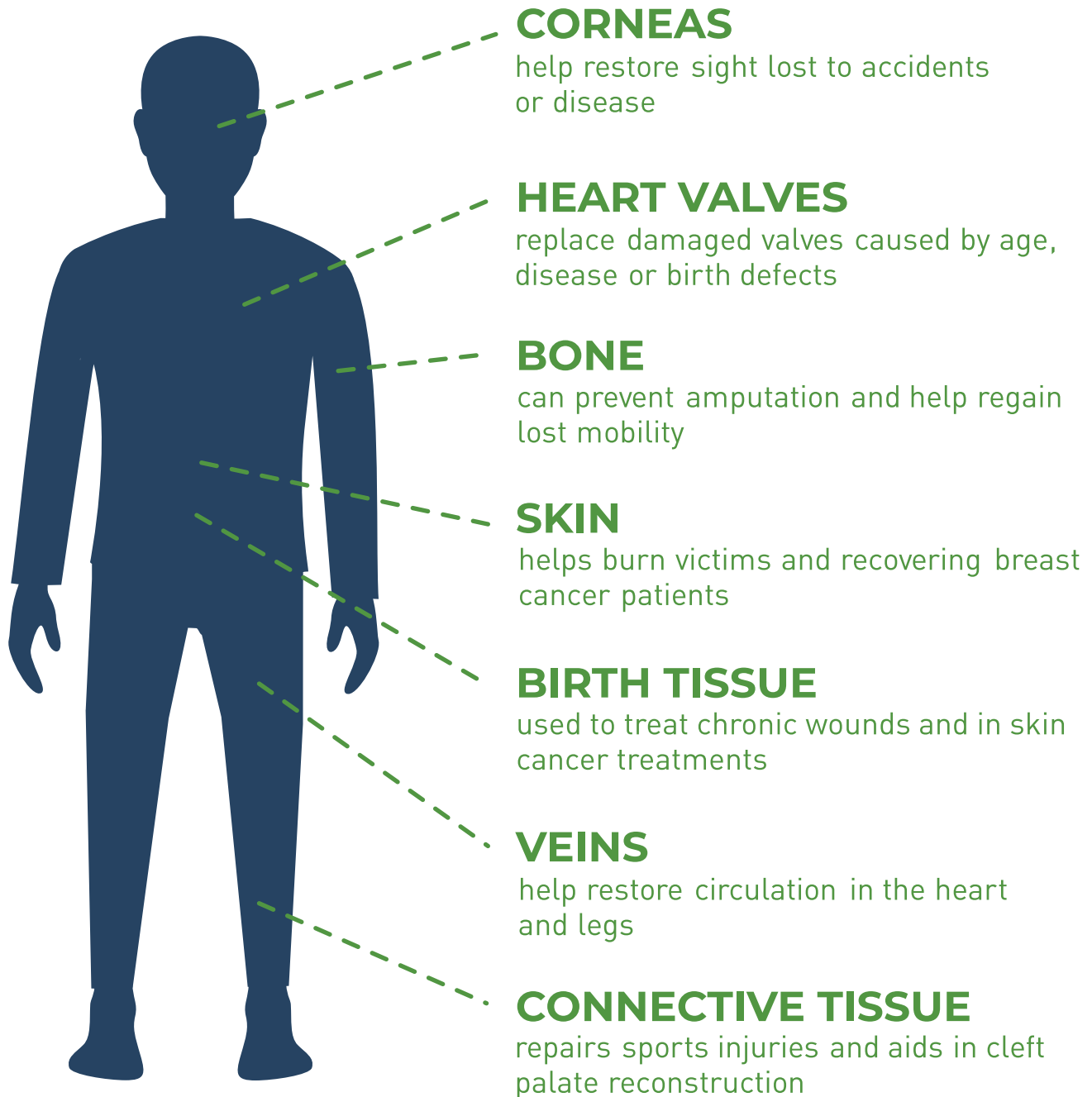
How Transplanted Organs are Used

The six organs listed below can be donated, helping to save up to eight lives. The conditions listed with each organ are some of the most common ways recipients benefit from a transplant.



How Transplanted Tissues are Used

The tissues listed below can save and improve the quality of life for up to 100 people. The conditions listed with each tissue are some of the most common ways recipients benefit from a transplant.



Organ Donation Process

The following outlines how deceased organ donation takes place. Each donation opportunity is different, but in general, the organ donation process can take a few days.

Patient notification

Live On Nebraska is notified by hospitals and other partners when an individual has died or their family has made the difficult decision to end life-sustaining care. The potential donor must be in a hospital and supported by ventilation in order for organ donation to take place. However, tissue donation is still an option for individuals who do not meet organ donation criteria.

Authorization

We first check the Donor Registry to confirm that the potential donor is registered. If they are not registered, a family support coordinator works with the potential donor's legal decision maker to decide if they would like donation to take place. If they decide to donate, an organ donor remains in their hospital room and continues to be supported by ventilation until the organs and tissues can be recovered.

Patient management

We thoroughly screen each donor to see which organs and tissues can safely and effectively be donated, review current health and past medical history and talk with the donor's family members to identify any conditions or lifestyle choices that could affect future recipients.

Finding recipients

Recipients for organs that can safely be donated are identified through UNOS. The sophisticated program determines the best match by looking at factors such as blood type, size, medical urgency and distance from the donor.

Recovery & transplant

Prior to the donation surgery, a moment of silence is observed to honor the donor and his or her generosity. Great care is given to respect the donor's body and to maintain the condition and safety of the recovered organs. After surgery, the organs are taken to the recipient's transplant center and transplanted immediately.

Family care

Our family support coordinators care for the donor's family throughout the donation process, answering questions, creating keepsakes of the donor and providing any support needed. Our Aftercare Program also provides grief support to families and honors the donor in the 13 months following donation.

The Transplant Process

Diagnosis

There are many reasons someone may need an organ transplant, including diseases, congenital defects, lifestyle choices, etc. All of these may lead to end-stage organ failure, which requires transplantation for the patient to survive. Transplant is not an elective procedure — it is lifesaving.

Referral

After a patient has met with their primary care physician and all other options have been exhausted, they decide a transplant is the best option for survival. They are then referred to a transplant center. The patient may go to the transplant center of their choice, but many choose to stay close to home.

Medical evaluation

An evaluation takes place to determine if transplantation is the best option. All other medical and surgical options have been exhausted by now. The evaluation rules out potential problems that could occur (ie: can the patient survive the procedure and subsequent immunosuppression), determines available resources and provides education.

The wait list

Medical information is collected about the patient for the transplant waiting list and is added into the United Network for Organ Sharing's (UNOS) computer system. The patient then waits until an organ becomes available. The factors used to match a donor to a recipient include blood type, tissue type, medical urgency, waiting time, expected benefit, geography and other criteria.

Transplant surgery

When an organ is matched to the recipient, the recipient and their surgeons decide whether to accept the organ offer. If accepted, the patient travels to the transplant center to prepare for surgery. The organ is then transported to the transplant center and transplantation surgery takes place.

Recovery and rehabilitation

Following the transplant surgery, recipients will meet regularly with their doctors for follow up and will continue to take anti-rejection medication for the rest of their lives to ensure their bodies do not reject the transplanted organ.

Living Donation

If you've ever heard of someone who's living and gave a kidney to a friend or family member, that's living donation. Along with kidneys, a portion of the liver can also be given. Living donors are carefully evaluated to make sure they're a good candidate for donation. There is never a cost to the donor. This is done through a transplant center such as Nebraska Medicine.

Living kidney donation

Living donor kidney transplants are accomplished when a healthy individual with two functioning kidneys agrees to donate one of their healthy kidneys to someone who is on dialysis or will need dialysis in the near future. Individuals who need dialysis have been determined by their physician/nephrologist to have end-stage renal disease (ESRD), making them potential candidates for a transplant.

Living liver donation

Living donor liver transplantation is an option for patients when a donor agrees to give part of his or her liver to the patient. Living donation can only be done when the donor is in excellent health and has a liver large enough to remove a portion without harming him/her.

Living Donation Facts

In 2020, 5,700 people in the United States served as living donors.

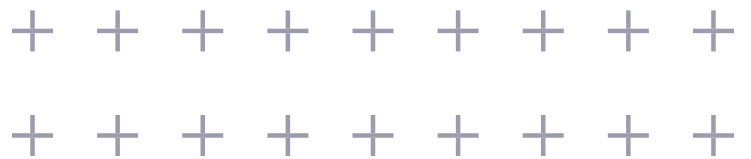
There is no fee for an individual to be screened for living donation.

A potential donor reaches out to a transplant center to be screened for living donation. In Nebraska, Nebraska Medicine facilitates living kidney and liver donations.

A donor must be at least 19 years old to qualify for living donation in Nebraska.



Additional Resources



Registering as a Donor

There are several easy ways to register as a donor:



At the DMV

Check the “yes” box regarding organ and tissue donation on your driver’s license application.



Online

Register to be a hero in about a minute at LiveOnNebraska.org/Register.

What it Means to be a Registered Donor

With so many people in need of a transplant, every opportunity to help is crucial. Registering as a donor leaves no room for doubt. By making your decision official through registration, you control the outcome. This means:

- **Your registration is legally binding.**

If you’re eligible to donate, your family won’t need or have to make a decision on your behalf.* Live On Nebraska is legally obligated to carry out your wishes.

- **You agree to donate after your death.**

Donation registration is only for deceased donation. If you’re interested in living donation, contact your local transplant center.

- **You’ll be a hero someday.**

When you donate, you change the course of someone’s life. That’s something you should feel really good about.

**If a registered donor between the ages of 16-18 dies and is eligible for donation, parental approval is required.*

Common Misunderstandings

Most people support organ and tissue donation, but only half of Americans who can register as donors have done so. Why? Sometimes myths and misunderstandings like these stop people from signing up.

If I'm a donor, doctors won't try to save me when I'm sick or injured.

A doctor's first priority when they are treating you is to save your life. Donation is only considered after all lifesaving options have been exhausted. Also, emergency medical teams are not involved in donation and transplantation.

I'm too old or too young to donate.

Infants, children, and even individuals in their 90s have all successfully donated organs. In fact, Nebraska's oldest tissue donor was 105. Anyone 16 or older can register to be a donor. In the case of pediatric donation, a child's parent will be asked to consider the lifesaving opportunity for donation.

I have a medical condition that prevents me from being a donor.

There are no medical conditions that prevent someone from registering as an organ, tissue and eye donor. Every potential donor undergoes a thorough medical evaluation at the time of their death to determine if their organs and tissues are healthy and safe for transplant. There's no need to exclude yourself from the Donor Registry because of concern over a medical issue.

My family can't afford donation.

There is no cost to the donor's family for donation. All expenses related to donation are covered by the donation organization.

My religion prohibits donation.

Nearly all major religions in the United States support organ donation, but we encourage you to discuss concerns with your spiritual advisor.

I can't have an open-casket funeral if I donate.

A donor's body is treated with great respect and dignity throughout the donation process, and in almost all cases, a viewing or open-casket funeral is possible following donation.

My family can overrule my wishes to be a donor.

Like other medical directives, donor registration is a legal decision. If donation becomes a possibility for a registered donor between the ages of 16 and 18, parental approval is required.

Other Donation Opportunities

There are many more ways people can choose to help others. Below is a description of some of the ways our bodies can help others and which organizations facilitate these acts of donation:

Whole body donation

Deeded bodies are used to teach anatomy and surgical procedures to medical and dental students, postgraduate physicians, physician assistants, physical therapists, occupational therapists and students in related disciplines. Anyone over 18 years of age may donate his or her body for medical education and research. In Nebraska, whole body donation occurs through The University of Nebraska Medical Center and the Nebraska Anatomical Board.

Blood donation

Every day, blood donors help patients of all ages: accident and burn victims, heart surgery and organ transplant patients and those battling cancer. In fact, every two seconds, someone in the U.S. needs blood. Blood donation is coordinated through the American Red Cross.

Bone marrow donation

Bone marrow donation is one of two methods of collecting blood-forming cells for bone marrow transplants. Bone marrow donation is a surgical procedure that takes place in a hospital operating room. Doctors use needles to withdraw liquid marrow (where the body's blood-forming cells are made) from both sides of the back of the pelvic bone. Donors are given anesthesia and feel no pain during the donation. After donation, liquid marrow is transported to the receiving patient's location for transplant. Typically, the hospital stay for marrow donation is from early morning to late afternoon, or occasionally overnight for observation. More information can be found at [Be The Match](#).



Donation & Transplantation Terminology

Allocation — The process of determining how organs are distributed equitably, ethically and in a medically sound manner. After an evaluation, medical data is entered into UNOS' computerized network to identify potential matches for each organ before recovery.

Anti-rejection drugs — Drugs that are used to prevent and/or treat rejection of a transplanted organ.

Coroner — An official who investigates violent, sudden or suspicious deaths.

Deceased donor — An individual from whom at least one organ is recovered for transplantation after suffering brain death or cardiac death.

Deceased donor transplant — The transplant of an organ or tissue from a deceased donor.

Dialysis — A mechanical process designed to perform partial kidney functions and remove waste, chemicals and excess fluids from the body.

Directed donation — The donation of an organ to a specified recipient. Instructions for directed donation come from a donor or a donor's family member.

DMV — Department of Motor Vehicles.

Donate Life America — This organization was founded in 1992 to educate the public about organ, tissue and eye donation. It is comprised of national members and state teams to increase donation and donor registrations.

DRAI — The Uniform Donor Risk Assessment Interview Form is used to collect relevant medical, behavioral and travel information about potential donors to assess the risk of disease and the quality of potential organs and tissues for transplantation.

FSC — Family support coordinators remain with the donor's family during the donation process to answer questions, assist with funeral planning, create keepsakes and provide support. They also stay in contact with families in the Aftercare program during the 13 months following donation.

Lions Eye Bank of Nebraska — The LEBN works with Live On Nebraska to renew sight for Nebraska residents through corneal transplant surgery.

Living donation — When a person gives an organ or a portion of an organ for use in a transplant while they are still living. Living donors most commonly donate a kidney or a part of their liver.

Nebraska Medicine — Nebraska Medicine provides transplants and treatments for diseases that affect the liver, intestine, kidneys, pancreas, heart and lungs.

OPO — Organ procurement organization. Live On Nebraska is one of 58 OPOs across the country that is responsible for the recovery of organs for transplantation and the promotion/awareness of organ donation. OPOs serve as the link between the donor and recipient and are responsible for the identification of donors, recovery and the preservation and transportation of organs for transplantation.

OPTN — The Organ Procurement and Transplantation Network aims to improve the effectiveness of donation by increasing the availability of and access to donor organs for patients with end-stage organ failure. In 1987, Congress passed the National Organ Transplant Act that mandated the establishment of the OPTN.

Organ donation — To give an organ or part of an organ for transplantation into another person. Kidneys, pancreas, liver, lungs, heart and intestines can be donated.

Organ procurement — The recovery of organs from a donor for transplantation.

Recipient — A person who receives a transplant.

Rejection — Rejection occurs when a recipient's immune system attacks a transplanted organ, tissue or cell. Immunosuppressive drugs help to prevent this or treat rejection.

Tissue donation — To give tissues such as corneas, bone, heart valves, ligaments, veins and tendons to another person.

Transplant — A surgical operation in which organs or tissues are transplanted to a recipient.

Transplant center — A hospital that performs transplants. This includes qualifying patients for transplant, registering patients on the national waiting list, performing transplant surgery and providing care before and after transplant.

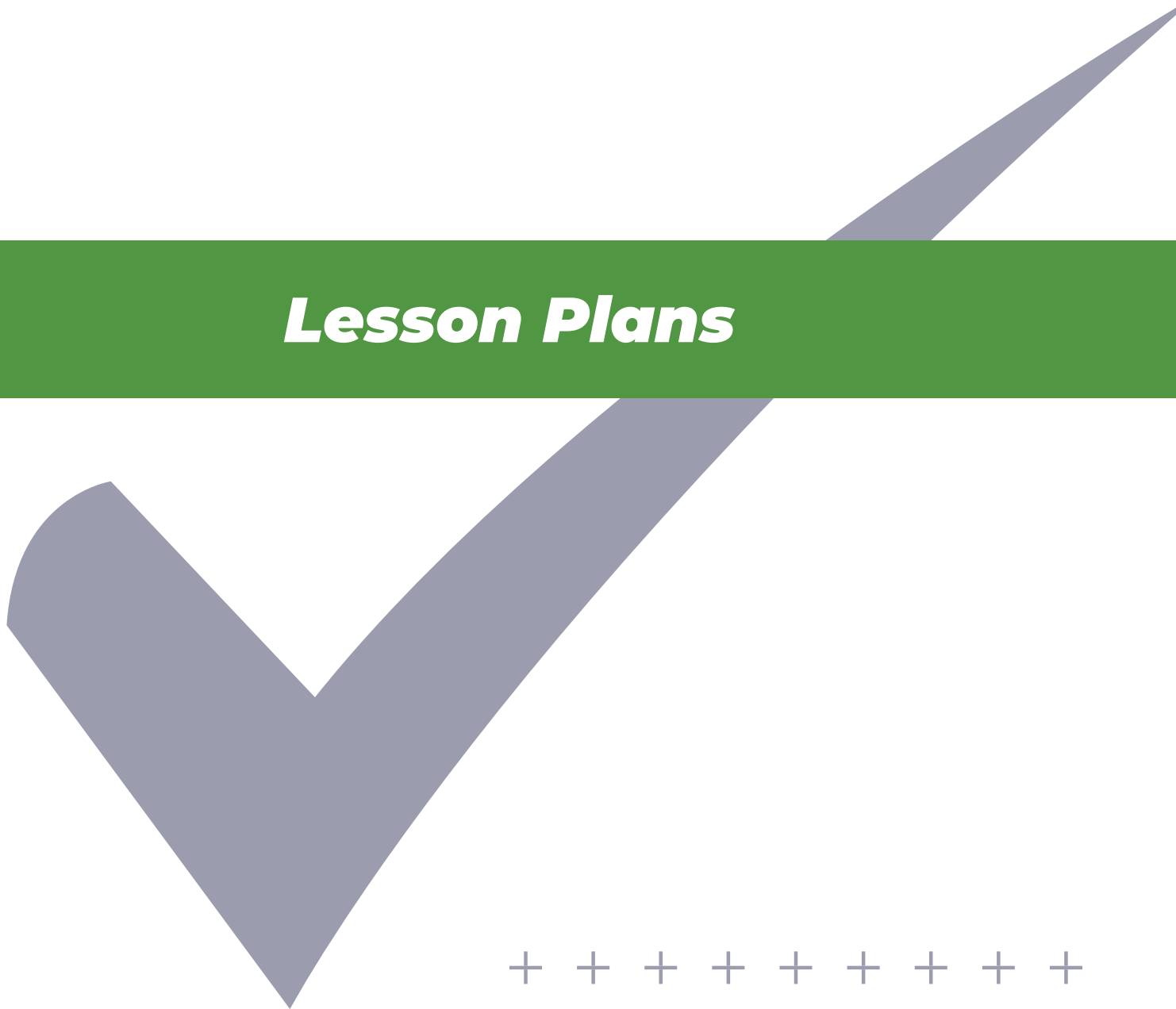
UAGA — The 1968 Uniform Anatomical Gift Act provides the legal foundation upon which human organs and tissues can be donated for transplantation.

UNOS — The United Network for Organ Sharing is a private, non-profit organization that coordinates the nation's transplant system and manages the national organ transplant waiting list.

Waiting list — When a patient is added to the "waiting list," their name and medical information are placed within the UNOS system to receive an organ transplant. Blood type, tissue type, medical urgency, waiting time, expected benefit, geography and other criteria are all factors that affect how long a patient might wait for a transplant.



Lesson Plans



SAMPLE LESSON PLANS

Please use these sample lesson plans in conjunction with an in-person presentation or in addition to a comprehensive video lesson supplied by Live On Nebraska. Parts or all of these materials can be combined with each other and should be used to supplement an informational presentation. Additional interactive activities are included below these samples and can easily be added to any optional lesson.

Option 1

Objective

Understand organ, tissue and eye donation processes

Time

30-45 minutes

Materials

Video-playing capabilities required; coffee straws optional

Procedure

Play the Mark Your Mark video lesson supplied by Live On Nebraska. To make the experience more interactive, have your students complete the Breathe Through a Straw activity. This replicates what it feels like to need a lung transplant. Worksheets included in this packet can also be handed out for completion after the video has finished or during the viewing.

Option 2

Objective

Understand the importance of organ donation and pledge to register

Time

45-60 minutes in class with out-of-class activities included

Materials

Video-playing capabilities, Donation Basics and Donation Pledge worksheets required; coffee straws optional

Procedure

Play the Mark Your Mark video lesson supplied by Live On Nebraska. To make the experience more interactive, have your students complete the Breathe Through a Straw activity. This replicates what it feels like to need a lung transplant. Supplemental worksheets included in this packet should either be handed out before the viewing to be completed during or can be handed out afterward for in-class completion or as homework. In addition to worksheets, a donor pledge is available for an in-class activity following the presentation for students who are interested in registering as organ donors once they are able. This activity can be completed as a class with the instructor reading the pledge and students repeating it, or it can be completed individually by simply signing the pledge.

Option 3

Objective

Start conversations with others, including family, about the importance of donation

Time

60-90 minutes in class with out-of-class activities included

Materials

Video-playing capabilities, Donation Basics, Donation Pledge and Conversation Starter worksheets required; coffee straws optional

Procedure

Play the Mark Your Mark video lesson supplied by Live On Nebraska. To make the experience more interactive, have your students complete the Breathe Through a Straw activity. This replicates what it feels like to need a lung transplant. Supplemental worksheets included in this packet should either be handed out before the viewing to be completed during or can be handed out afterward for in-class completion or as homework. In addition to worksheets, a donor pledge is available for an in-class activity following the presentation for students who are interested in registering as organ donors once they are able. This activity can be completed as a class with the instructor reading the pledge and students repeating it, or it can be completed individually by simply signing the pledge. Students can also complete The Conversation Starter worksheet in school or as homework and use it to begin a conversation with their family or caregivers about their decision. This is an essential part of the process of becoming an organ and tissue donor because registration is a legal decision. These worksheets can simply be sent home with the student or can be sent home and asked to be returned with a parent/guardian signature as homework.





Additional Activities



ADDITIONAL ACTIVITIES

Breathe Through a Straw

Objective

To experience the physical exertion and shortness of breath many people in need of a lung transplant experience.

Time

Five minutes (including distribution of materials).

Materials

Coffee (short, thin) straws

A demonstration of lung health asks students to breathe through a coffee straw for 30 seconds to experience what it feels like to need a lung transplant. Distribute straws to students and then time their breathing for 30 seconds.

Create a Campaign to Promote Organ & Tissue Donation

Objective

Allow students creative freedom to identify important concepts learned during the Live On Nebraska presentation and to create a awareness campaign to encourage donation registration.

Time

TBD by instructor

Materials

TBD by instructor

Procedure

Instruct students to create a campaign for Live On Nebraska or organ donation in general. This can be completed as an in-class activity or as a long-term project and homework. A campaign can be completed in a number of different ways – a video, news segment, posters, advertisements, radio interviews, letters, brochures, social media posts, etc. Assignment lengths/requirements can be determined by the instructor if the assignment is for a grade. For a twist of competition, campaigns can be sent to Live On Nebraska to potentially be featured on our website and social media pages.

Craft a Speech about Organ & Tissue Donation

Objective

Allow students creative freedom to identify through oral presentation the important concepts learned during the Live On Nebraska presentation, or to orally persuade an audience to support organ donation.

Time

TBD by instructor

Materials

N/A

Procedure

Instruct students to craft an informative or persuasive speech about organ donation after viewing the presentation or comprehensive video. This activity can be completed in class or out of class as homework. Time given for the activity and presentations are determined by the instructor, as is grading. Visual aids can also be incorporated. Allow students to use the following outline format to complete this project:

Introduction

- I. Attention getter
- II. Audience relevance
- III. Thesis
- IV. Preview of main points

Transition to first main point:

Body

- I. Main point one
- A. Evidence

Transition:

- B. Evidence

Transition to second main point:

- II. Main point two
- A. Evidence

Transition:

- B. Evidence

Transition to third main point:

- III. Main point three
- A. Evidence

Transition:

- B. Evidence

Transition to conclusion:

Conclusion

- I. Review main points
- II. Restate thesis
- III. Clincher

Dear _____,

Today I learned about organ, tissue, and eye donation during a presentation by Live On Nebraska. I learned that:

1.

2.

3.

MY DECISION

☐

I do want to be an organ and tissue donor.

☐

I do not want to be an organ and tissue donor.

Here's why:

REGISTER TO BE A DONOR:



At the DMV



LiveOnNebraska.org

MAKE YOUR
MARK

++ ++ ++ ++ ++ ++ ++ ++
++ ++ ++ ++ ++ ++ ++ ++
DONATION PLEDGE

I, _____, pledge to register as an organ and tissue donor. I am committed to making a difference for others who need hope and healing. When I no longer need them, my organs and tissues could help more than 100 people.

I also pledge to share this information with my family and let them know why I've made the decision to be someone's hero in the future.

Date: _____

Signature: _____

REGISTER TO BE A DONOR:



At the DMV



LiveOnNebraska.org

MAKE YOUR **MARK**

FACTS & FIGURES

Today, hundreds in our state and more than **100,000** people across the U.S. need a lifesaving transplant. **We all can help.**

THE WAITING LIST

300+

100,000

Every **10** minutes

another name is added to the waiting list

Each day **20** people die

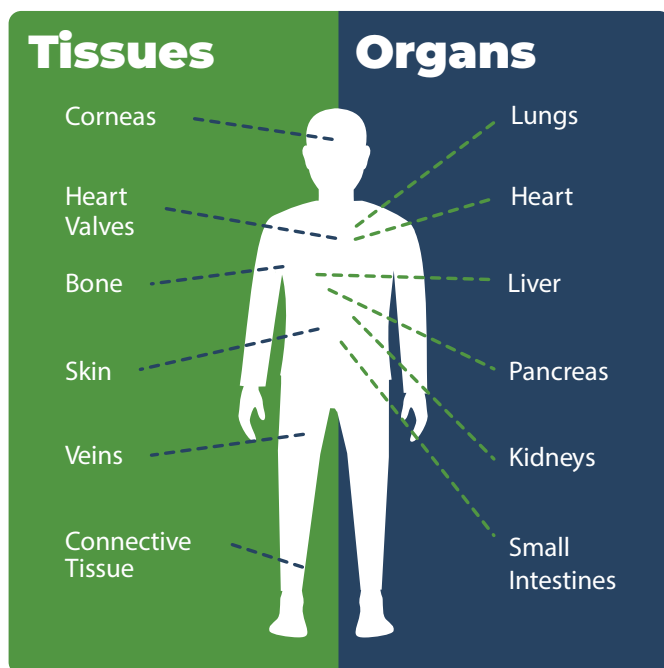
waiting for an organ transplant

THE POWER OF ONE

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WHAT CAN BE DONATED



THE FACTS ABOUT DONATION

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REGISTER TO BE A DONOR:



At the DMV



LiveOnNebraska.org

MAKE YOUR MARK

COMMON MISUNDERSTANDINGS

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If I'm a donor, doctors won't try to save me when I'm sick or injured.

A doctor's first priority when they are treating you is to save your life. Donation is only considered after all lifesaving options have been exhausted. Also, emergency medical teams are not involved in donation and transplantation.

I'm too old or too young to donate.

Infants, children and even individuals in their 90s have all successfully donated organs. In fact, Nebraska's oldest tissue donor was 105. Anyone 16 or older can register to be a donor. In the case of pediatric donation, a child's parent will be asked to consider the lifesaving opportunity for donation.

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My family can overrule my wishes to be a donor.

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REGISTER TO BE A DONOR:



At the DMV



LiveOnNebraska.org

MAKE YOUR MARK

ORGAN & TISSUE DONATION 101

Please answer the following questions about organ, tissue and eye donation based on the Live On Nebraska presentation and related videos and activities.

1. What organs can be donated?

_____	_____	_____
_____	_____	_____

2. What tissues can be donated?

_____	_____	_____
_____	_____	_____

3. One organ donor can save _____ lives.

4. One tissue donor can heal _____ people or more.

5. More than _____ people in the United States currently need an organ transplant.

6. More than _____ people in Nebraska currently need an organ transplant.

7. How old do you have to be to register as an organ, tissue and eye donor? (circle one)

a. 14 years old b. 16 years old c. 21 years old d. Any age

8. How can you sign up to be a donor? (circle one)

a. At the DMV when you get your driver's license b. Online through Live On Nebraska c. Both a & b

9. Which of the following would prevent someone from registering as a donor? (circle one)

a. Nothing b. Health conditions c. Age d. Religion

10. In your opinion, what are some reasons someone might not want to be a donor?

REGISTER TO BE A DONOR:



At the DMV



LiveOnNebraska.org

Please answer the following questions about organ, tissue and eye donation based on the Live On Nebraska presentation and related videos and activities.

1. What organs can be donated?

Heart
Lungs

Liver
Kidneys

Pancreas
Small Intestine

2. What tissues can be donated?

Eyes/corneas
Skin

Heart valves
Bones

Tendons
Veins

3. One organ donor can save 8 lives.

4. One tissue donor can heal 100 people or more.

5. More than 100,000 people in the United States currently need an organ transplant.

6. More than 300 people in Nebraska currently need an organ transplant.

7. How old do you have to be to register as an organ, tissue and eye donor? (circle one)

a. 14 years old (b.) 16 years old c. 21 years old d. Any age

8. How can you sign up to be a donor? (circle one)

a. At the DMV when you get your driver's license b. Online through Live On Nebraska (c.) Both a & b

9. Which of the following would prevent someone from registering as a donor? (circle one)

(a.) Nothing b. Health conditions c. Age d. Religion

10. In your opinion, what are some reasons someone might not want to be a donor?

REGISTER TO BE A DONOR:



At the DMV



LiveOnNebraska.org