

Hydrate - Iron - Positive ID!

3 essentials for a good donation experience



Hydrate

You'll Just Feel Better

Begin Hydrating 3 Days before your donation

- You can speed up the donation process.
- It makes your veins more accessible.
- You'll bounce back faster!



Iron

Iron is an essential part of the protein that gives blood its red color and carries oxygen to all the cells (hemoglobin). It is also part of myoglobin, which stores oxygen in the muscles. Iron is important for energy production!

Iron rich foods include: red meat, fish, poultry or liver, iron-fortified cereals, raisins and prunes.

Eating foods that are high in Vitamin C along with iron-rich foods can increase iron's absorption. For example, drink orange juice along with your iron-rich foods!



**American
Red Cross**

The need is constant.
The gratification is instant.
Give blood.™



Positive ID

Preferred Identification: One of These:

- Donor ID Card
- Student ID
- Drivers License
- Passport

Or Two of These:

- Social Security Card
- Birth Certificate
- Library card with donor's name
- Voter registration card
- Hunting License
- Club or museum membership
- Insurance card
- Payroll stub
- Vehicle registration
- Personal checkbook with name and address

Individuals who are at least 17 years of age, weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and donors 18 years of age and younger also have to meet certain height and weight requirements. Donors can generally donate again 56 days after a whole blood donation or 112 days after a double red cell donation.

For questions or concerns regarding the blood donation process or about donor eligibility, contact our Donor Client Service Center, open 24 hours a day/7 days a week at 1-866-236-3276

Become a Blood Donor



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Why Should You Donate Blood?

You don't need a special reason to give blood. You just need your own reason.

Some of us give blood because we were asked by a friend. Some of us give blood because we know a family member or a friend might need blood someday. Some of us give blood because we believe it is the right thing to do.

The need for blood is constant. Your contribution is very important to maintain a healthy and plentiful blood supply. When you donate through the Red Cross, you help save lives by giving of yourself in just about an hour. You may never meet the person who receives your blood, but you'll feel good knowing you helped change a life.

What are the Basic Eligibility Requirements?

Individuals who are at least 17 years of age (16 with parental permission in some states), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and donors 18 years of age and younger also have to meet certain height and weight requirements. Eligible blood donors can give every two months. Please bring in a positive form of ID when you come in to donate.

Make an appointment today.
redcrossblood.org | 1-800-RED CROSS

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What Can You Expect?

Come Prepared. Make sure you've had a light meal and plenty to drink. Bring your photo ID and the names of medications you are taking.

Registration. Our staff and volunteers will sign you in and go over basic eligibility and donation information.

Brief health history. You will be asked to fill out a brief health history questionnaire so that we can better determine your eligibility to give on the day you come to donate. This process is private and confidential. We will check your temperature, pulse, blood pressure and measure the number of red blood cells present in a sample of blood.

Donation. The actual donation takes about 6-8 minutes, during which you will be seated comfortably. The process is safe and sterile. Red Cross staff and volunteers will be available if you have any questions or concerns.

Refreshments. After donating, we will provide you with free snacks and refreshments and a place to rest and relax for about 15 minutes.



Tracie, Strat and Karen
Proud American Red Cross Blood Donors