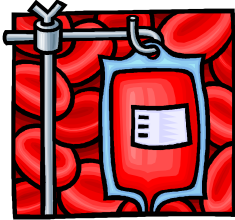


ARE YOU READY to save a life? Give Blood!



In the United States, someone needs blood every two seconds. Only 5% of healthy individuals donate blood in a year – we are our only source of blood. Someone we know, or even ourselves, may need blood some time or another...and we expect it to be there!

Plan: Make a conscious effort to donate your blood with these easy steps –

- * Go to www.redcross.org (Donate Blood Now)
- * Find a blood drive
- * Register or log into your profile
- * Select a location where you would like to give blood
- * Select an appointment time



Prepare: Prepare for the guidelines that will make you an eligible donor –

- * Be healthy and at least 17-years old
- * You must be at least 110 pounds
- * You cannot give if you have donated blood in the last 56 days
- * Pregnancy, certain medications, health issues, and travel outside to certain countries may disqualify you from donating
- * Get a good night's sleep the day before and make sure you have a well-balanced meal before your donation time

Practice: Learn the facts -

- * You cannot get AIDS or infectious diseases by giving blood
- * Each donation is tested for infectious diseases and any units that have abnormal test results are discarded
- * Needles and bags are used only once – then discarded
- * Your history and test results given at the donation site are confidential (unless required by law)

Stay Informed:

- * Watch your local newspaper and websites for blood donation events
- * Your company may even have blood drives
- * During emergencies, the media may report requests for donations

Resources:

www.givelife.org

(to make appointment)

1-800-GIVE-LIFE (1-800-448-3543)

www.redcross.org (general info)

