



Give Blood.

Give Life.

COMMUNITY
BLOOD BANK
THE LIFE BLOOD OF YOUR COMMUNITY

**“Please donate blood.
It’s safe, it’s simple and it
saves lives right here at home.”**

Community Blood Bank donors are the sole suppliers of blood to your hometown hospital.

Name: _____

Date: _____

Time of donation: _____

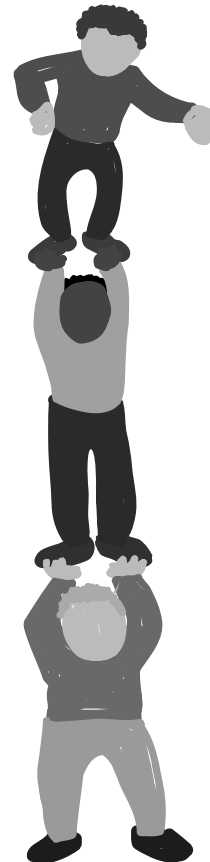
Where: _____



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Minimum requirements to donate blood:

- Be at least 17 years old and weigh at least 110 pounds.
- Be in good health (You can’t have a cold, fever or sore throat).
- Wait one year after getting a tattoo or body piercing.



Before the Community Blood Bank Bloodmobile arrives:

- Make sure you bring your Social Security Number. It’s your private registration number with Community Blood Bank and an ID.
- Eat a good breakfast or lunch and drink plenty of water.
- Make sure your coach says it’s okay to donate on the day of a game or event.