

CHANGE THE WORLD WITH US

DOUBLE RED BLOOD CELL DONATION

THE BASICS



FEMALES

 **5ft 5in**  **150lbs**
(minimum height & weight)



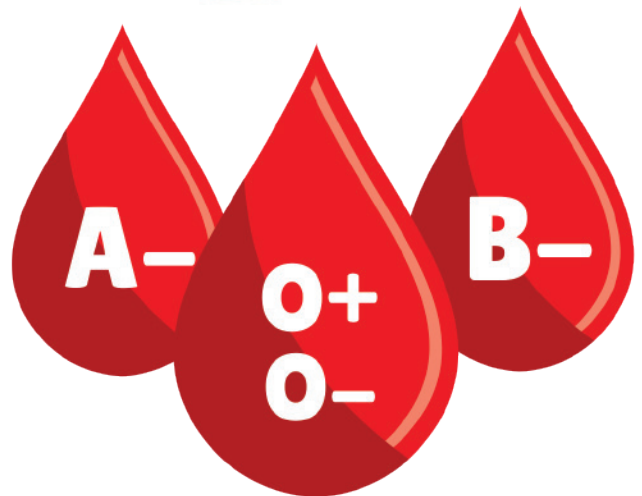
130lbs

MALES

5ft 1in



(minimum weight & height)



Double red donation is similar to a whole blood donation, except a special machine is used to allow you to safely donate two units of red blood cells during one donation while returning your plasma, platelets and white cells to you. *Ask staff for details!*

GIVE BLOOD, SAVE LIVES!

www.bloodcenter.org