

THE BASICS TO DONATING BLOOD

- MINIMIZE CAFFEINE
- DRINK WATER
- EAT TWO GOOD MEALS
- 8 HOURS OF SLEEP
- CONSENT SIGNED

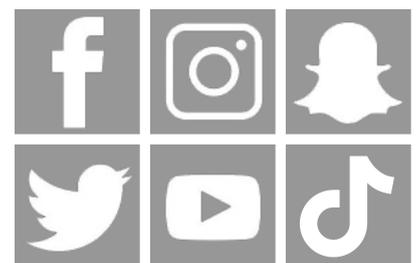
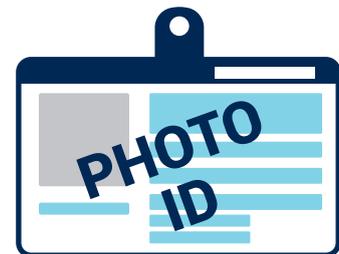
BEFORE

- PRESENT PHOTO ID
- VERIFY INFORMATION
- TAKE QUESTIONNAIRE
- MINI-PHYSICAL
- DONATE (ABOUT 10 MIN)

DURING

- SNACK TIME
- DRINK WATER
- RELAX (AT LEAST 10 MIN)
- BRAG ON SOCIAL
- TAKE IT EASY
- REGISTER FOR IMPACT AWARD
(BLOODCENTER.ORG/AWARD)

AFTER



BLOODCENTER.ORG/STUDENT

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