the BASICS

to donating blood

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

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

AFTER
- SNACK TIME
- DRINK WATER
- RELAX (AT LEAST 10 MIN)
- BRAG ON SOCIAL
- TAKE IT EASY

110 LBS (minimum weight)

HEALTHY on donation day

AGE: 16
with parental consent form

PHOTO ID

@willyougive www.bloodcenter.org/student