WHAT YOU NEED TO KNOW

 $\overline{About\,Donating\,Blood}$

WHAT TO EXPECT

Before your donation, stop by the Hydration Station and drink one bottle of water.

TEP 1

Registration – Present your photo I.D. and provide basic information about yourself.

STEP 2

Health History – Answer confidential questions about your past and present health.

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Mini Health Exam – Have your temperature, blood pressure, heart rate and hematocrit level checked.

STEP 4

Donation Time – Have your arm examined and scrubbed before the needle is inserted. Follow the crew member's instructions for muscle tensing exercises while you donate.

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Revitalization Station – After your donation, enjoy sodium-rich snacks and a drink. Wait at least 15 minutes before leaving this area!

BEFORE YOU DONATE

- Do not donate on an empty stomach eat a hearty, sodium-rich meal before you donate.
- **Drink lots of fluids** including a bottle of water just before you donate.
- Boost iron eat fortified cereal, red meat or green, leafy vegetables.
- Increase sodium intake eat salty foods and snacks the night before and the day of your donation.
- Get a good night's sleep prior to donating.

AFTER YOU DONATE

- **Read** and follow the instructions provided!
- **Avoid** strenuous physical activity or heavy lifting for the rest of the day including sports and exercise.
- Drink additional water throughout the day.



HYDRATE. DONATE. RE-HYDRATE.

