

hydRaTe

You'll Just Feel Better!



START HYDRATING 3 DAYS BEFORE YOUR DONATION!

- You can speed up the donation process.
- It makes your veins more accessible.
- You'll bounce back faster!

Think Iron!

Iron is an essential part of the protein that gives blood its red color and carries oxygen to all the cells (hemoglobin). It is also part of myoglobin, which stores oxygen in the muscles. Iron is important for energy production!

Iron rich foods include:

Raisins, Total Cereal, Luna Bar, Beans, Peas, Dried Fruits, Red Meat, Peanut Butter, Fish

Eating foods that are high in Vitamin C along with iron-rich foods can increase iron's absorption. For example, drink orange juice along with your iron-rich foods!



Valid ID Required

Preferred Identification: One of These:

- Red Cross donor card
- Student ID
- Drivers License
- Passport

Or Two of These:

- Social Security Card
- Birth Certificate
- Library card with donor's name
- Voter registration card
- Club or museum membership
- Insurance card
- Payroll stub
- Vehicle registration
- Personal checkbook with name and address



These Are The **BASIC REQUIREMENTS**

For Giving Blood

You **MUST BE** at least 17 yrs old, weigh at least 110 lbs, be in good health on the day of your donation.

If you have **MEDICAL QUESTIONS CALL:**

1-800-843-3500



American Red Cross

**REMEMBER!
GIVING BLOOD
SAVES LIVES!**