

Tips for a positive donation

- Eat healthy, iron-rich meals prior to your donation.
- Get plenty of rest.
- Drink extra fluids beginning the day before your donation.
- Wear comfortable clothing, with short or loose-fitting sleeves.
- Bring personal identification, such as a driver's license, and this paper.

Do you meet the updated eligibility criteria for young donors?

Applies to all high school students, regardless of their age, who present to donate at high school drives, and all donors younger than 19 years of age who present to donate at blood drives outside of the high school setting.

Male donors must weigh 110 lbs or more, depending on their height according to the following chart:

If you are	4' 10"	4' 11"	5' or taller
You must weigh at least	118	114	110

Female donors must weigh 110 lbs or more, depending on their height according to the following chart:

If you are	5' 1"	5' 2"	5' 3"	5' 4"	5' 5"	5' 6" or taller
You must weigh at least	133	129	124	120	115	110

Females who are shorter than 5' 1" may still be eligible to donate blood. They may call 866-236-3276 to ask about their eligibility.



**American
Red Cross**