

Red Cross Blood Drive

LU 290 is sponsoring a Blood Drive at this years Donald Dunn Seminar,
Saturday, February 27th, 2010

We would like to encourage everyone to give blood at this event

The Blood Mobile will be in the parking lot from 8:00 am to 1:00 pm

Sign up by calling the Training Center @ 503-691-1997

Remember – to give blood you must:

- weigh at least 110 lbs.
- be in good health
'In good health' means that you feel well and can perform normal activities. If you have an on-going health condition such as diabetes or high blood pressure and the condition is under control after treatment, you are considered healthy. Other aspects of your health history are discussed prior to each blood donation to help ensure that your are eligible to donate.
- meet the minimum age requirement of 16 yrs (16 yr olds must have a signed parental consent form)
- Get a good night's sleep.
- Eat a good breakfast or lunch.
- Drink extra water and fluids to replace the volume you will donate, but avoid caffeinated beverages.
- Eat iron-rich foods to boost your iron level.
- Avoid fatty foods. Tests for infections done on donated products can be affected by fatty materials.
- If you are an automated donor, get plenty of calcium-rich foods and drinks for a few days prior to your donation.
- If you are a platelet donor, remember that your system must be free of aspirin for two days prior to donation.

**If you have questions about your personal eligibility,
you can call the Red Cross at 1-800-737-0902 before Saturday.**

We need everyone to donate! Please sign up today!!! @ 503-691-1997