

# Giving 101: Are you ready to save lives?



## Donating blood is safe and convenient when you are:

- In good health
- 17 years or older—16 with written parental consent/permission (NY/NJ/PA forms available at nybc.org)
- Weigh at least 110 pounds\*
- Completed course of antibiotics and free of infection
- Symptom-free for at least 72 hours following a cold or flu
- Symptom-free for 14 days following recovery from COVID-19, a positive diagnostic test, or experienced symptoms

Some medical conditions/medications, recent tattoos, piercings, or travel may impact eligibility, but don't presume you can't give blood. For more information, please visit nybc.org or call 800.688.0900.

## How to prepare for a great donor experience



1. **Day before... HYDRATE**  
Increase your liquids the day before donating.



2. **Evening before... EAT SALTY SNACKS**  
Increase your salt intake the evening before donating.



3. **Night before... GET SLEEP**  
Get a good night's rest prior to donation day.



4. **Morning of... EAT BREAKFAST**  
Eat a well-balanced breakfast the day of donation.



5. **Right before... HYDRATE**  
Drink 16 ounces of water or more.

\*There are specific height and weight requirements for 16-18 year-old donors. NOTE: The information provided here covers general guidelines established by New York Blood Center and the Food and Drug Administration (FDA), the agency that regulates blood collection in the U.S. Conditions and restrictions governing blood safety and blood donation may change at any time. Please contact New York Blood Center at 800.688.0900 to verify eligibility.



## What to expect when you give blood

Saving lives takes about an hour, in these four easy steps:



1. **Registration.** You will be asked to verify your name, address, and birth date, present a photo ID, and answer a few questions about your health.



2. **Interview.** A donor specialist will perform a mini-physical by checking your pulse, temperature, blood pressure, and hemoglobin. You will review your health history, verify your eligibility, and get your questions answered.



3. **Give blood!** During your donation one pint of blood will be collected using new and sterile equipment. The donation takes up to 15 minutes.



4. **Relax.** Enjoy some snacks and drinks on us!

## What to do after your donation

- Feel good—you just saved lives!
- Stay hydrated for the next 48 hours
- Consider taking a multivitamin with iron or iron supplement
- Avoid strenuous activity for at least 24 hours
- Share your donation on social media using #nybloodcenter

## When can I give again?

You can give whole blood every 56 days; that's five times a year! Why not try to donate at least once per season?

## Get started today

The need for blood is constant. Call 800.933.2566 or visit [nybc.org](https://nybc.org) to make an appointment to donate blood.

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