DONOR COMMITMENTS

Yes! I will commit to donating blood.

Organization _____ **Contact/Phone** _____

Name	Phone	Name	Phone	Name	Phone

For more information on eligibility call 1-800-DONATE-1, ext. 2543 or visit our web site at www.PSBC.org.

Facts About Donating Blood

Who Can Donate?

Anyone who is in good health, is at least 18 years old (persons 16 or 17 years old may donate with a Blood Program consent form signed by a legal guardian), and weighs at least 110 pounds may donate blood every 56 days.

Donation Process

Prospective donors first complete a health history questionnaire and screening interview.

The next step involves a brief physical examination of blood pressure, pulse, temperature and a test for anemia.

If the prescribed medical requirements are met, a unit (about one pint) of blood is drawn from the donor. Afterwards, donors are served refreshments while remaining seated for 10 minutes.

The entire process usually takes less than one hour.

You CANNOT Get AIDS From Donating Blood

Only sterile, disposable equipment is used throughout the donation process, which makes it virtually impossible to contract a disease from donating blood.