### STEP 1
**Day before...**
**HYDRATE**
Increase your fluids the day before donating.

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

### STEP 3
**Night before...**
**GET SLEEP**
Get a good night’s sleep prior to donation day.

### STEP 4
**Morning of...**
**EAT BREAKFAST**
Eat a well-balanced breakfast the morning of your donation.

### STEP 5
**Right before...**
**HYDRATE**
Drink water right before your donation.

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**Bloodstock® Program**

As part of our Bloodstock® Program, earn a scholarship for organizing a community blood drive.

Students who exhibit leadership and community service in the organization of a community blood drive can earn up to a $500 scholarship. Planning a blood drive is fun and easy. Invite your friends, family, teachers and neighbors. To learn more, visit www.nybc.org or call 1.800.933.2564.

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**PERMANENT REASONS**

Please do not give blood if you:

1. Are a heroin addict with a needle.
2. Are a hemophiliac.
3. Are under 18 years old.
5. Are using recreational drugs.
7. Are under 18 years old.
9. Are under 18 years old.
10. Have taken certain medications.

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**Notes:**
- Most people with diabetes, and most people on medications other than those noted above, are eligible to donate blood. For specific medical eligibility guidelines, call us at 1.800.688.0900.
- The reasons for not being eligible to donate blood may have changed after this brochure was printed.
- Most donors tolerate giving blood well, but on occasion reactions and complications may occur. Please read the information provided in this brochure to help you have the best donation experience.

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**An Urgent Request:**

Please do not give blood just to find out your HIV (AIDS virus) test results. If you need information on where to go for confidential HIV testing, please call your local health department.

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Your blood donation will save someone’s life.

What kind of blood donations can I make and how long will I wait?

There are two types of donations you can make or your blood drive.

- Whole Blood: This is the donation which includes red cells, platelets and plasma. Your blood will be tested for 8-12 hours and plasma can be used for transfusions to survive. New Jersey Blood Services and New York Blood Center need 1000 donors per day to pass the needs of patients in the hospitals that we serve.

- Red Cells: All blood cells except red blood cells are perishable, and need to be replaced completely over several weeks. You can make red cell donations as often as every 56 days.

How long will it take and what happens afterwards?

Plan to spend about an hour on the blood drive. After any type of donation, you will be given some fluids and rest.

How soon after donating can I get back to my routine?

After you give blood, you will need to rest and eat. You may shower and go about your everyday activities. You do not have to stop eating salty foods in the 24 hours before giving blood.

What happens to the donation?

After donation, your blood will be tested for blood type, hepatitis, HIV (AIDS, HIV – a virus that may cause blood borne disease), Chagas, West Nile virus and syphilis. It is then separated into components and sent to a laboratory. Red cells, plasma and platelets, that can be separated, are stored in a blood bank. Some components need to be packed with these cells, one component at a time. A pint of blood is donated which can make at your blood drive.

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