

🔴 **Be A Blood Hero Superstar!** 🔴



Gryffingear Team 5012 hosts **Community Blood Drive**

Saturday • May 3, 2014

9:30AM - 3:00PM

(In conjunction with the Rummage Sale Fundraiser)

**Comfortable indoor arrangements
inside the school gym**

**The Palmdale Aerospace Academy
38060 20th Street East, Palmdale, 93550**



**Pre signing up in advance preferred.
Select a time & send names to Nardy:
NardyLopez70@gmail.com • (661) 916-8070**

PINT FOR A PINT

All donors receive a voucher for a free pint of any flavor Baskin Robbins!



We Need EVERYONE'S Help For This Important Cause!

PLEASE TURN PAGE FOR DONOR GUIDELINES →



South Tower • Street Level • Room 1690
1-877-71 – BLOOD (1-877-712-5663) • www.Cedars-Sinai.edu/DonateBlood

Blood Donor Guidelines

To qualify, donors must meet these FDA requirements:

- ◆ Be at least 17 years old (*no upper limit*), healthy, feel well on day of donation.
- ◆ Weigh at least 110 pounds.
- ◆ No dental surgery within 72 hours prior to donation.
- ◆ Not currently taking antibiotics for an infection. Acne treatment is OK.
- ◆ Not taking the medications Accutane, Proscar, Propecia, Absorica, Claravis, Myorisan, Sotret, or Zenatane in the past 30 days.
- ◆ Not taking the medications Avodart or Jalyn in the past 6 months, Soriatane in the past 3 years, or ever taken Tegison.
- ◆ No travel to a malaria area in the past 12 months.
- ◆ No tattoos or permanent make-up within the past 12 months.
- ◆ Ear and body piercing is OK if done with sterile, single-use needles. 12-month deferral if other methods used.
- ◆ Cancer-free during the last year. OK if treated for localized skin cancer.
- ◆ Never used intravenous or IV drugs.
- ◆ No history of hepatitis after the age of 11. No close contact in the past 12 months with someone who has hepatitis.
- ◆ No history of HIV (AIDS).
- ◆ Cannot donate if you have:
 - Spent a combined total of 3 months or more in the United Kingdom from 1980 -1996.
 - Spent a combined total of 5 years or more in Europe from 1980 -the present (*including time spent in the UK from 1980-1996*).
 - Resided on a US military base in Europe for 6 months or more from 1980-1996.
- ◆ Male donors must not have had sex with another male (*even once*) since 1977.

**Prior to your donation, be sure to have
something to eat and extra water to drink!**

**If questions about your eligibility -OR- interested in supporting this important
cause with your very own blood drive event, please contact Dave Keys:
(310) 717-5996 • KeysD@cshs.org**