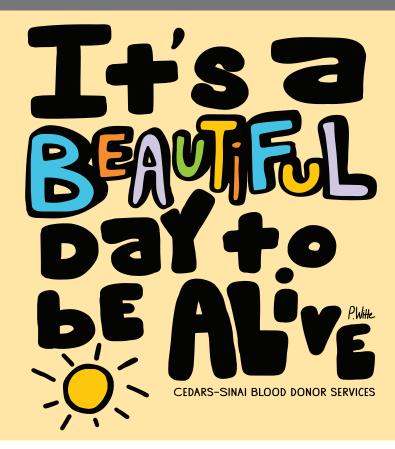




All donors are required to wear a face mask.

Standard infection-control measures and physical distancing are enforced.



FREE: Be able to find out your own individual blood type AND receive end-of-year summer kick-off shirt!

Blood Drive:

go Toreadors go!

Date and Time:

Wednesday, May 24, 2023 8 a.m. – 2 p.m.

Location:

Taft High School 5461 Winnetka Ave Woodland Hills, 91364.

On-campus inside Taft Hall auditorium

To make an appointment:

RSVP simply online using quick-scan bar code at the top corner above

↑

When donating, be sure to:

- Bring a photo ID
- Be in good health
- Weigh at least 110 pounds
- Eat a good meal
- Drink extra water
- Be at least 17 years old
- A 16-year-old may donate if they have a signed parent consent form and weigh at least 135 pounds

Important blood donor guidelines

To qualify, donors must meet these FDA requirements*:

- 1. Present a valid photo ID at time of donation
- 2. Be 17 years old (no upper age limit), healthy, feel well on day of donation and weigh at least 110 pounds
- **3.** May be eligible if 16 years old, if weight is at least 135 pounds and have a signed parental consent form
- **4.** Not currently taking antibiotics for an infection
- 5. Cancer-free during the past year
- **6.** No history of HIV or AIDS
- 7. No tattoos, permanent makeup or piercings in the last three months except those applied in a California-licensed facility with sterile, single-use needles
- 8. No dental surgery 72 hours prior to donation
- **9.** Never used intravenous drugs not prescribed by a physician and have not received an accidental needlestick in the past three months

If you have any questions, please call 310-423-5346.

*You may be ineligible if you have taken certain medications, have traveled to high-risk malaria areas or have lived in Europe. See a full list of guidelines and information at **cedars-sinai.org/donateblood**

Five ways to boost your iron level before giving blood

Giving blood saves lives, but you must have a healthy amount of iron in your blood before you can help someone else by becoming a donor. Below are some ways to help you boost your iron level before giving blood:

- 1. Eat a well-balanced diet every day.
- 2. Iron-rich foods include lean red meat, chicken and seafood; garbanzo, kidney and soy beans; fortified cereals, bagels and lentils; leafy green vegetables such as spinach and kale; and nuts and seeds.
- 3. Citrus fruits and juices and other foods high in vitamin C help your body absorb iron.
- 4. Coffee and tea reduce the amount of iron absorption and should be avoided during meals.
- 5. Donating blood reduces iron stores in your body, so it's important to replace the iron lost between donations to maintain good health.

Note: Iron can be harmful in high doses. Supplements should be taken only as directed.

If you have any questions, please call 310-423-5346.

