



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!

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**Blood Drive:**

go Treadors 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.**

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*\*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](https://cedars-sinai.org/donateblood)*

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## 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.**