

FEEL GOOD. GIVE BLOOD.

BLOOD DRIVE DATE: _____

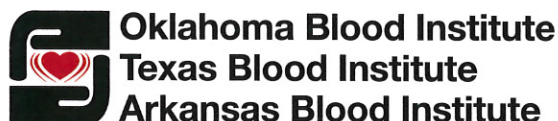
TO DONATE BLOOD, YOU MUST:

- ✓ **Be at least 16 years old.** (Signed parental permission required for all 16 year old and by some sponsor groups for donors who are 17 and older)
- ✓ **Weigh at least 125 lbs. if 16 or 17; 110 lbs. if 18 or older**
- ✓ **Eat a good meal AND drink plenty of fluids before & after donating.**
- ✓ **Get a good night's sleep before donating.**



Scan this QR code with your smart phone or visit obi.org/blood-donors/young-donor-tips/ for tips on having a successful donation experience.

PRESENT A PHOTO ID.



Detach ↓

YES, sign me up! Return this form with signed permission (on back) if required.

Name _____

Address _____ City/State/Zip _____

Phone _____ Date of Birth _____

Email Address _____

CLASS SCHEDULE

Period	Class/Instructor	Room No.
1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____
7.	_____	_____