

# Digital Toolkit

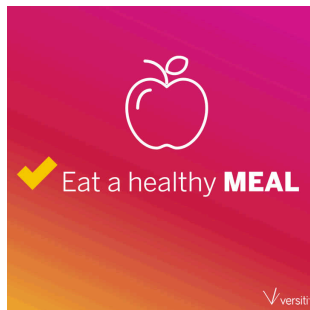
## FIRST-TIME DONOR



Help save lives in your community. Become a voluntary blood donor today!

📌 Schedule your blood donation here: [BLOOD DRIVE LINK](#)

[Social Graphic \(click here\)](#)

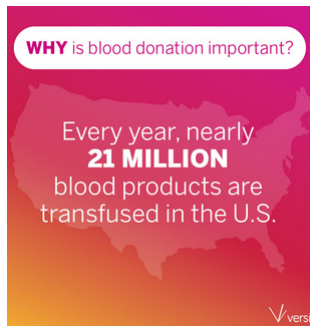


Tips for a Successful Blood Donation

- ✅ Get a good night's sleep.
- ✅ Eat a healthy meal at least one hour before donating.
- ✅ Be well hydrated before your donation.
- ✅ Bring ID — such as a driver's license, donor ID card, or government-issued ID

Signup today: [BLOOD DRIVE LINK](#)

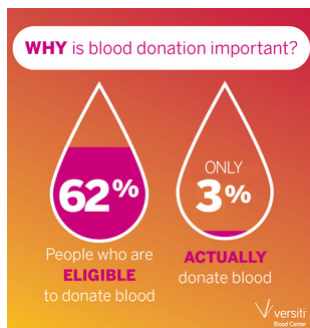
[Social Graphic \(click here\)](#)



Every year, nearly 21 million blood products are transfused in the U.S.—and every donation makes a difference!

📌 Schedule your appointment here: [BLOOD DRIVE LINK](#)

[Social Graphic \(click here\)](#)



Did you know? 62% of of the population can donate blood but only 3% actually do.

Find out if you're eligible: <https://www.versiti.org/ways-to-give/about-blood-donation/blood-donation-faqs>

✅ Make your lifesaving appointment today: [BLOOD DRIVE LINK](#)

[Social Graphic \(click here\)](#)

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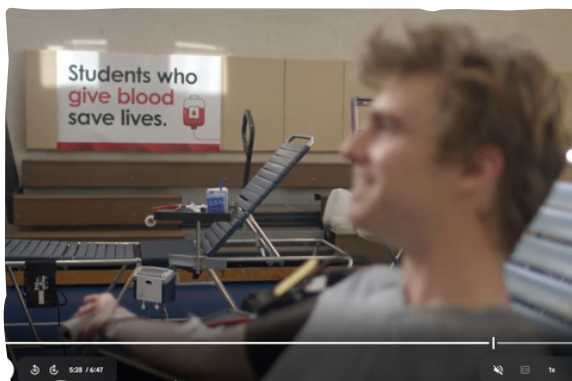
Giving blood at Versiti is nothing to be afraid of. Watch as we walk you through the process, from checking in at the blood drive, to enjoying your post-donation snacks. The time flies by when you listen to music or a podcast! Because each donation can save up to three lives, every donor makes a difference. Local hospital patients are counting on you. Give it a try. Give back. Give blood.

[Donating Blood 101 - English Video \(click here\)](#)



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[Donating Blood 101 - Spanish Video \(click here\)](#)



Young blood donors are needed to establish the foundation of the future donor pool. Share this video to engage young donors to become part of the next generation of lifelong blood donors! It highlights the importance of a strong blood supply, offers tips for a successful donation, and what to expect when donating for the first time.

[Blood Donation Education Video \(click here\)](#)