

People  
Need  
People.

**Give Blood**

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DATE

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APPOINTMENT TIME

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# To Donate:

- Be at least 17 years old  
(16 with parent/guardian permission)
- Any healthy person 19 or older who weighs at least 110-112 pounds depending on state may be eligible to donate
- Get plenty of rest, drink extra fluids and eat a good meal rich in Iron & Vitamin C before you donate
- Whenever possible, please eat and drink within 4 hours of your blood donation

**QUESTIONS?** contact [versiti.org/faq](https://versiti.org/faq)  
or:



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