BLOOD DONOR COMMITMENTS

Group Name	Coordinator	Phone/Email

Yes! I will commit to donating blood!

Name	Phone/ Email	Name	Phone/ Email	Name	Phone/ Email

DONOR GOAL: ________DONORS

Sign Up Sheet Instructions

- When sign up sheet is full, please contact your Donor Representative.
- Remember to eat a healthy meal and drink fluids at least four hours prior to donating.
- The entire process takes about one hour and includes a health check, giving blood and refreshments while relaxing in the canteen for about 10 minutes.
- For health or eligibility questions, please call the Clinical Program at 1-800-DONATE-1, ext. 2543 or email clinicalprogram@psbc.org.

Most People Can Donate Blood

Those who are at least 18 years old and weigh at least 110 pounds may donate blood every 56 days. Those 16 and 17 may donate with a signed Blood Center permission slip; there is no upper age limit.

SOUTHWEST WASHINGTON BLOOD PROGRAM
Puget Sound Blood Center

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