

**BEFORE DONATING
I MUST...**

Blood Donor Center
St. Joseph Hospital 
ST. JOSEPH
HEALTH SYSTEM

- Be in good health
- Bring a valid photo I.D.
- Be at least 17 years old
- Weigh at least 110 lbs.
- Drink plenty of water
- Eat a nutritious meal
- Have had no tattoos within one year
- I can donate every 56 days

For more information or to make an appointment please call the Blood Donor Center at (714) 744-8721

BLOOD DONOR REWARD CARD



1140 W. La Veta Ave.
Orange, CA 92868

www.sjo.org

03/09.DV.1M.MD

For: _____

MY PERSONAL BLOOD DONATION RECORD

MY PERSONAL RECORD: Fill in your information after each visit

MY BLOOD TYPE IS: _____			NEXT DATE I CAN DONATE
VISIT	DATE	TIME	
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			