Contact your American Red Cross account manager to request appointment reminder cards.

Front

FUTURE BLOOD DONOR

Donor name: ________________________________________________
You have a donation appointment scheduled for the date, time and location listed below:

Date ____________________________ Time ____________________________ Location ____________________________

Teacher's name: ____________________________ Student's name: ____________________________

Back

Please see the front of this card for your appointment information. Thank you for making a difference in the lives of patients in medical need.

Please remember to:

• Show your donor card or ID.
• Save time by completing your health questionnaire online on the day of your donation at redcrossblood.org/RapidPass.
• Get a good night's sleep before you donate.
• Eat a healthy meal and drink plenty of non-caffeinated fluids before you donate.
• Maintain a healthy iron level in your diet by eating iron rich foods such as red meat, fish, poultry, beans and spinach.

HOPE begins with you.

redcrossblood.org | 1-800-RED CROSS | redcrossblood.org/youthresources