



PINT-SIZE HERO

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

Front

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 _____

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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 | Download the Blood Donor App



American Red Cross

HOPE begins with you.

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