

## **Blood Donor Commitments**

Group Name		Coordinator	Phone/Email			
	Υε	Yes! I will commit to donating blood!				
Name	Phone/ Email	Name 	Phone/ Email	Name 	Phone/ Email	
				DONOR GOAL:	DONORS	
				When sign up sheet is fu your donor representativ		
				Remember to eat a health hours prior to donating, of fluids.		
				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 eligibility questions, call us at 1-800-DONATE-1, ext. 2543; or e-mail clinicalprogram@BloodworksNW.org.  In general, anyone who is healthy, at least 18 years old (16 years old in Oregon), and weighs 110 pounds or more may donate blood. In Washington, those 16 or 17 years old may donate with a parent/		
				guardian-signed Bloodwe permission slip. No uppe	orksNW er age limit.	
				1-800-398-7888   Bloo	dworksNW.org	