

BLOOD DONATION

FRIDAY, OCT 7TH
10AM-4PM

•
CONVENTION
COURTYARD



Did you know, every two seconds someone in the U.S needs blood?

So how can you help, by partnering up with CNSA during convention we can help bridge that gap.

Why Donate:

- Be someone's hero
- 36,000 units are need daily
- The average blood donation is 1 pint, the average blood transfusion is 3 pints
- Less than 10% of the eligible population who can donate blood actually do

Community
Health

cnsa.communityhealth@gmail.com

Tips of Successful Donation:

- Minimum of 8 weeks since last donation
- Drink Plenty of water so you're hydrated
- Eat a healthy meal before donation, avoid fatty foods
- Bring driver's license & donor card
- Wear clothing with sleeves that can go above elbow