



**PUBLIC  
LIBRARY**

BE A HERO at the  **American  
RedCross**  
LIFE-SAVING BLOOD DRIVE

Tuesday 25 August 2009  
11:30 am to 5:30 pm

at the **Main Library** in the auditorium  
3581 Mission Inn Avenue in Riverside

**Sign up now to save time** (but walk-ins are welcome!):  
<https://www.givelife.org/index.cfm?hlc=rpl> or call 714-427-2683.

### DID YOU KNOW?

- Every 2 seconds someone in the United States needs blood
- **3 lives** can be saved by 1 pint of blood
- Only **5%** of the US population donates regularly
- Only **2%** in Southern California

### TO DONATE YOU MUST BE

- at least **17 years old** and weigh at least **110 lbs**
- in good health (If you have controlled high blood pressure, high cholesterol or diabetes you may still be able to donate, call **909-859-7066** for information.)

### RESTRICTIONS

- 12 months since your last tattoo
- 56 days since you last donated blood
- some travel restrictions (call **909-859-7066** for information)

### ARE YOU READY?

- 1 pint = 1 hour, which includes 15 minutes at the snack table
- **Be sure to bring your ID**
- Eat a nutritious meal and drink plenty of water that day
- Donors will receive a coupon for a \$5 gift card from Daphne's Greek Café and enter a regional drawing for a \$500 gas card.

**THANK YOU FOR SHARING YOUR HEART!**