

we need more

HEROES

Give blood. Be a hero.

BLOOD DONATION ON THE FAST TRACK

Donors have told us they would like to get through the donation process faster. We are committed to respecting your time while ensuring a safe blood supply for the patients in your community. We're working on new systems and processes to help speed things up; you can help by doing these things:

1. Bring personal identification. Some acceptable forms of ID include:
 - ◆ Blood Donor Card
 - ◆ Driver's License
 - ◆ Work or School ID (with picture and full name)
 - ◆ PassportYour Blood Donor Card is the best form of ID to get you through the registration process quickly. If you don't have one, please ask our staff to order one for you.
2. Give at least every six months — if you have given 3 times and your last donation was fewer than 6 months prior, you will qualify for a shorter questionnaire!
3. Bring a list of all medications you have taken within the past 30 days and the reasons you have taken them. Be sure to include both over-the-counter and prescription medications. To help, we have included a form (on the reverse side) for you to complete before your next donation. ***Please be sure to update this list before each donation.***
4. Bring a list of all countries (and city/area) you have visited (with dates) in the past 3 years. To help, we have included a form (on the reverse side) for you to complete before your next donation. ***Please be sure to update this list as necessary for each donation.***
5. We also need to know if you have traveled to Europe since 1980. Please bring a list of all countries you have visited (with dates) in Europe since 1980. To help, we have included a form (on the reverse side) for you to complete before your next donation. ***Please be sure to update this list as necessary for each donation.***
6. Wear a top with loose-fitting sleeves (preferably short sleeves) so that we can appropriately check your blood pressure and check for the best vein to use to draw your blood.
7. Make an appointment. We make every attempt to take donors with appointments before "walk-ins." To schedule your lifesaving appointment, log on to www.UnitedBloodServices.org.

Thanks for being a hero! Together we can make your donation safe, fun and as quick as possible!

TRAVEL AND MEDICATION LIST

Yes—in the past three years I have traveled outside the U.S. or Canada.

Where did you go? <i>Please include city/area and country.</i>	What dates were you there? <i>Past three years only.</i>

*Yes—since 1980 I've traveled to Europe. **

For our purposes, Europe is defined as these countries:

Albania, Austria, Belgium, Bosnia-Herzegovina, Bulgaria, Croatia, Czech Republic, Denmark, Finland, France, Germany, Greece, Hungary, Republic of Ireland, Italy, Liechtenstein, Luxembourg, Macedonia, Netherlands, Norway, Poland, Portugal, Romania, Slovak Republic, Slovenia, Spain, Sweden, Switzerland, United Kingdom **, and Federal Republic of Yugoslavia.

**Includes Turkey (only if associated with a military base)*

***The United Kingdom includes England, Northern Ireland, Scotland, Wales, the Isle of Man, the Channel Islands, Gibraltar, and the Falkland Islands.*

Where did you go?	What dates were you there?

Yes—in the past month I have taken pills, Accutane, Proscar, or medications other than Aspirin.

Name of Medication: <i>Please include both over-the-counter and prescription medications.</i>	Reason for taking medication:	Last Dose: