

Please Help Save a Life!

All Family, Friends, Neighbors...

Spartan Race

Blood



Drive

Sunday • December 12, 2010
10AM - 3:30PM

Blood Mobile bus at the Spartan Race



Located at Calamigos Ranch
327 S. Latigo Canyon Road
Malibu, 90265

(Yes, it is totally safe to give
blood even after you race)

www.SpartanRace.com

To sign up, please request an appointment time via e-mail:
JutlaJ@cshs.org

"PINT FOR A PINT!"

All donors receive a coupon for a pint of Baskin Robbins ice-cream!



CEDARS-SINAI MEDICAL CENTER.

Blood Services

www.cedars-sinai.edu/blood

We Need EVERYONE'S Help For This Important Cause!

PLEASE TURN PAGE FOR DONOR GUIDELINES →



Blood Donor Guidelines

To qualify, donors must meet all the following standards:

- ◆ Be at least 17 years old (no upper limit), healthy, feel well on day of donation
- ◆ Weigh at least 110 pounds.
- ◆ No dental surgery within 72 hours prior to donation.
- ◆ Not currently taking antibiotics for an infection. Acne treatment is OK.
- ◆ Not taking the medications Accutane, Proscar or Propecia in the past 30 days.
- ◆ No travel to a malaria area in the past 12 months.
- ◆ No tattoos, permanent make-up or needle sticks in the past 12 months.
- ◆ Ear and body piercing OK if done with sterile, single-use needles. 12-month deferral if other methods used.
- ◆ Cancer-free during the last five years. OK if treated for localized skin cancer.
- ◆ Never used intravenous drugs.
- ◆ No history of hepatitis after the age of 11. No close contact in the past 12 months with someone who has hepatitis.
- ◆ No history of HIV (AIDS).
- ◆ Cannot donate if you have:
 - Spent a combined total of 3 months or more in the United Kingdom from 1980 -1996.
 - Spent a combined total of 5 years or more in Europe from 1980 - the present (including time spent in the UK from 1980-1996).
 - Resided on a US military base in Europe for 6 months or more from 1980-1996.
- ◆ Male donors must not have had sex with another male (even once) since 1977.

Prior to your donation, be sure to have something to eat and extra water to drink!

Please call Dave Keys at (310) 717-5996 if you have any questions about your eligibility to donate or if you are interested in hosting your own blood drive.