

## Temporary Deferral

Taking antibiotics or other medications for infection.

### 1-year deferral

- Travel to malarial areas
- Travel to Iraq
- Tattoo or self body piercing

### 5-year deferral

- Breast cancer

## Permanent Deferral

- Melanoma, lymphoma, or leukemia
- History of coronary or rheumatic heart disease
- **1980 through 1996-** more than three months spent (cumulative) in the U.K.
- **1980 through the present-** more than five years spent (cumulative) in Europe
- **1980 through 1990-** residence on U.S. military bases in Germany, U.K., Belgium, or the Netherlands for 6 months (cumulative)
- **1980 through 1996-** residence on U.S. military bases in Greece, Turkey, Spain, Portugal, Italy for 6 months (cumulative)

## Come Donate Today!

You can call (254) 724-4376 to schedule an appointment to donate blood, or you can just walk in!

We are located on the first floor of the main hospital across from the McLane Dining Room.

Our hours of operation are Monday through Thursday 8 am-7 pm and Friday 8 am-4 pm.

**Don't live in the Temple area?  
Call (254) 724-4376 or toll free at (877)  
724-4376 HERO to find out when a mobile  
blood drive will be in your area.**



## Can't Donate?

**You can still get a free t-shirt  
and the chance to win the  
monthly prize drawing!**

Just recruit two people to donate for you, and all three of you will get a free t-shirt and the chance to win our monthly prize drawing.

# How Do I Donate Blood



# at the Scott & White Blood Center?

Scott & White Blood Center  
Monday-Thursday: 8 a.m. - 7 p.m.  
Friday: 8 a.m. - 4 p.m.

(254) 724-HERO or (877) 724-HERO  
bloodcenter.sw.org

# Donating blood is as easy as 1-2-3-4-5!

You want to save lives by donating blood, but you're not sure how it works.

This brochure gives a basic overview to the easy, 5-step process of giving blood.

## Basic Eligibility Guidelines

- **Picture ID Required:** Please bring a form of photo identification, such as a driver's license or employee badge.
- **Age:** 17 and older
- **Weight:** Minimum of 110 pounds
- **Eating:** Please eat a good meal before donating.
- **Drinking:** Drink lots of water or juice before and after donating. Avoid alcoholic and caffeinated beverages for 12 hours before and after donating.
- **Frequency:** You can give blood every 56 days.



## Registration

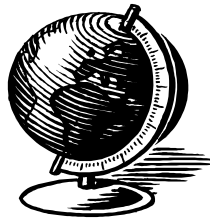
We'll gather some of your basic information--such as your mailing address, phone number, and date of birth--for our records.



## Interview

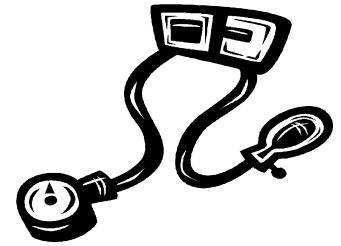
We'll ask you some medical history and travel questions to make sure the donation process will be safe for you as well as our patients.

See the Temporary and Permanent Deferral panel of this brochure to make sure some common deferrals don't apply to you.



## EAT SNACKS AND GET FREEBIES!

Every donor gets a snack, a free t-shirt, a free hand squeeze, and the chance to win the monthly prize drawing!



## Mini Physical

We'll take your temperature, blood pressure, pulse, and your hematocrit to make certain you are feeling your best before you donate.



## Donate Blood

The shortest stretch of the process, the actual donation only takes an average of 5-10 minutes.