

## **Make an appointment to donate and help the American Red Cross maintain a stable blood supply this summer**

Blood donations can drop during the summer when many blood donors are vacationing. However, the need for blood is constant.

Every day, 38,000 pints of blood are needed for patients across the U.S. By donating blood through the American Red Cross, people make a vital contribution to modern healthcare.

“By donating blood, you can make a real difference in someone else’s life,” said Tricia Rubens, CEO of the Red Cross Blood Services Midwest Region. “Do some good this summer and make an appointment to donate blood today.”

Eligible individuals can give blood every 56 days. Regular donations help the Red Cross ensure that there is enough blood to meet patient needs this summer and throughout the year.

The American Red Cross is the single largest supplier of blood products to hospitals throughout the U.S. While local hospital needs are always met first, the Red Cross helps ensure no patient goes without blood no matter where or when they need it.

### **Upcoming Bloodmobile**

The Bloodmobile will be in Imperial next Thursday, July 16, at Zion Lutheran Church from 10 a.m. to 4 p.m.

Coordinator Karen Hayes says there are still plenty of appointment times available, and people are welcome to walk in. For an appointment, call Hayes at 308-882-5645. Donors can also schedule appointments by going to [givebloodgivelife.org](http://givebloodgivelife.org).

Donors with questions about medications or eligibility are urged to call the donor eligibility phone, 1-800-GIVE LIFE (1-800-448-3543).

The one-year deferral for tattoos has been eliminated, Hayes said, as long as the tattoo was done in a licensed Nebraska tattoo shop.

Donors must be in good health, at least 17 years old, or 16 with a signed parent/guardian consent form, and must weigh at least 110 pounds. Hayes has parent consent forms available which must be filled out and signed by the parent prior to the 16-year-old’s donation.

A blood donor card or driver’s license, or two other forms of identification, are required at check-in.

The goal for the July 16 Bloodmobile has been set at 106 donors, but Hayes hopes to see more than that. Coordinators throughout the state have been asked to increase their donations if at all possible.