

# UNMC Campus Blood Drive

**Tuesday, September 22, 2009  
at the Center for Healthy Living  
7:00am to 1:00pm**

[American Red Cross](#)



Every blood donation is an opportunity to help someone in need. Giving blood really does help save lives. Despite the fact that giving blood is easy, safe, and takes less than an hour, only about five percent of eligible Americans donate blood. It is too easy to rationalize that someone else will fill the need. The need for blood is great and never ends.

Help save lives by making the commitment to donate yourself, and asking your fellow employees to also give blood, the gift of life.

The Center for Healthy Living is located in the Student Life Center on the east end of the campus in lot 15 near 40th and Emile Street. Individuals can park in the lot while donating. The shuttle also stops in lot 15 across from the south entrance of the building, making it a convenient way to get across campus to donate.

## **GENERAL GUIDELINES for GIVING BLOOD**

To give blood you must be:

- Healthy\*
- Be at least 17 years old
- Weigh at least 110 pounds
- Not have donated blood in the last 56 days.

\* "Healthy" means that you feel well and can perform normal activities. If you have a chronic condition such as diabetes or high blood pressure, "healthy" also means that you are being treated and the condition is under control.

For more [eligibility requirements](#) please refer to the American Red Cross website

Any comments or suggestions regarding this web page can be emailed to [rpruch@unmc.edu](mailto:rpruch@unmc.edu)  
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