



Attention First Time Donor

Thank you for taking the first brave step to becoming a lifesaving blood donor! In Hawaii, about 200 donors are needed every day to meet the needs of Hawaii's patients, so every donor is so important and appreciated!

Being properly prepared for your donation is the first step to having a great experience. Here are a few important steps to help you prepare:

- ♥ Be in good health. No cold or flu symptoms for at least 72 hours prior to your donation. No antibiotic use in the past 14 days.
- ♥ Drink A LOT of water (at least one 2-liter bottle of water throughout the 24 hours prior to donation).
- ♥ Eat a hearty meal before donating. 
- ♥ Get a good night's rest. 
- ♥ Bring a valid photo ID with date of birth.

Hawaii's patients count on a healthy blood supply for their survival. Nearly 60% of us will need blood, yet only 2% of Hawaii's population donates. Because we will separate your blood donation into three main components, your ONE donation can help save THREE lives! The entire process takes about one hour, so please schedule enough time in your day!

Mahalo nui loa!