

POWER REDS ARE BACK!

Will you donate just your red cells today? Look at the benefits:

- Feel better and stay more hydrated because you're getting back more fluids than what you donate
- Use a slightly smaller needle
- More likely to go to a pediatric hospital patient
- It takes about 20 minutes longer than a whole blood donation
- Double your impact today by providing twice the lifesaving red cells
 - Help your sponsoring host hit their goal

WHO CAN DONATE POWER REDS?

All First-Time Male Donors 17 and Older (does not need to know blood type)

All First-Time Female Donors 19 and Older (does not need to know blood type)

Donors with Types O-, O+, A- and B-

** Must meet height, weight and age requirements below

POWER RED

Eligibility Criteria

Female

Minimum Height: 5'3"

Minimum Weight: 150 lbs.

Minimum Age: 19

Male

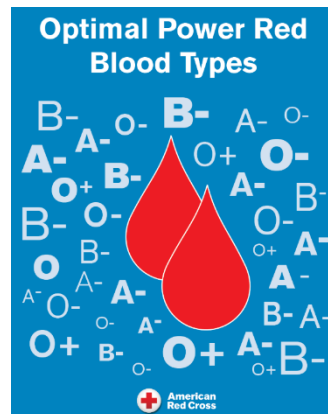
Minimum Height: 5'1"

Minimum Weight: 130 lbs.

Minimum Age: 17



American
Red Cross



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