



give pints for half-pints

Children's Hospital Boston **bloodmobile**

Reminder Card

Your appointment to donate blood is _____

- Have a good night's sleep
- Drink plenty of fluids day before and donation day
- Have a good breakfast or lunch
- Weigh at least 110 lbs.
- Have to be 17 years of age or older
- Also, 16 year olds may donate with a CHB signed consent from parent(s)
- Tattoo and Piercing must be at least 1 year old
- Positive ID Required