

Have a Heart: Give Blood

Your donation will save three lives, plus earn you donation points and a “Thank You” gift.



Blood Drive

207th Street

Tuesday, October 9, 2018
8 AM — 2 PM
Cafeteria

For information contact:
Lisa Bailey, Union Office
212-544-3746

Note: Common reasons for donor ineligibility include getting a tattoo in New York within the year. Also, if you are taking medications such as blood thinners, antibiotics, Accutane or Plavix.

We strongly recommend calling the New York Blood Center (NYBC) at 800-688-0900 or visiting nybc.org, in advance of this drive to ensure that you are eligible to donate.

For a better donation experience...

HYDRATE	EAT SALTY SNACKS	SLEEP	EAT BREAKFAST
Increase your fluids the day before and right before donating.	Increase your salt intake the evening before donating.	Get a good night's sleep prior to donation day.	Eat a well-balanced breakfast the morning of your donation.

If you cannot give blood at an on-site drive, please use NYCT's BDP Group Number 1351.

For a site list, visit nybloodcenter.org