

KROQ's RAMBO: Give Blood ...Drive
Come join us to save a life!

1. RSVP online in advance & plan to arrive early. With a lot of participants, ***please be patient*** to allow plenty of time for the entire process as donors are not rushed & each deserves their due time. All prizes are *first come – first served*, yet no one has ever left empty-handed!
2. Must provide a valid photo identification that includes both name *and* picture: driver license or state I.D. works best, or a passport, or other I.D. issued by government/academic institution. [Unfortunately those without proper I.D. aren't able to donate, *even repeat donors*]
3. At least 17 years old & in good general health on the day of giving blood. Many common daily medications are acceptable: aspirin, cholesterol, blood pressure, birth control, antidepressants, thyroid, prescription pain pills, insulin for diabetes. [Only for age 16: a signed parent/guardian consent hospital form is required to be completed in advance & brought with – see KROQ website to download the form]
4. Please do not donate if you aren't feeling well or have an illness [cold, flu, bronchitis, etc]
5. Each donor first review '*Blood Donor Guidelines*'. Tattoos & piercings *are* usually accepted [see Guidelines]. If any questions, email for clarification: [*BloodDonorServices@cshs.org*](mailto:BloodDonorServices@cshs.org)
6. If you meet all criteria, then round up a group & get yourselves ready for the big day!
7. Event kicks-off early at 5:00am & Walk-Ins welcome on site all-day through the afternoon.
8. On the day of, donors will complete a health questionnaire & go through a pre-screening process to check blood pressure, temp, pulse, hematocrit/iron. Be sure to always eat a healthy meal beforehand & drink plenty of water leading up to your donation. [Never give blood on an empty stomach & being well hydrated helps the overall procedure]
9. Encourage family & friends to get involved - it's even more fun to do it all together as a group.
10. Ever considered a partnership to hold your very own lifesaving event? It's all completely provided with absolutely no fees whatsoever, so if you aren't able to join us on September 18th but you can bring together folks to give blood – then let's talk!

For further info, please email: [*BloodDonorServices@cshs.org*](mailto:BloodDonorServices@cshs.org)

Thank You everyone for your support of this important cause!