

*Save a Life ... Donate Blood!*

**Blood**  **Drive**

**MA CENTER LA**

**Saturday, July 16, 2016**

**9:00 am - 3:00 pm**

*Upstairs*

**128 S CATALINA AVE  
REDONDO BEACH, CA 90277**

*Please sign up online at [donatebloodcedars.org](http://donatebloodcedars.org)  
group code: MCRB  
or call or text: 310 945-6137*



**Before Donating:**

*Be in good health.*

*Weigh at least 110 lbs..*

**TATTOOS NOW OK!**

*(If healed and done in a licensed California facility.)*

*Walk-Ins Welcome!  
and bring a friend!*

**All donors will receive a t-shirt or a coupon for  
a pint of Baskin Robbins Ice Cream!**



**CEDARS-SINAI**  
BLOOD DONOR SERVICES



## Blood Donor Guidelines

### To qualify, donors must meet these FDA requirements:

- Be at least 17 years old (no upper limit), healthy, feel well on day of donation.
- Weigh at least 110 pounds.
- No dental surgery within 72 hours prior to donation.
- Not currently taking antibiotics for an infection. Acne treatment is OK.
- Not taking the medications Proscar, Propecia, Accutane, Absorica, Amnesteem, Claravis, Myorisan, Sotret, or Zenatane in the past 30 days.
- Not taking the medications, Avodart or Jalyn in the past 6 months, Erivedge in the past 7 months, Aubagio in the past 2 years, Soriatane in the past 3 years, or ever taken Tegison.
- No travel to a malaria area in the past 12 months.
- Tattoos or permanent makeup from licensed California institutions are OK (healed and no signs of infection). 12 month deferral if received from a non-licensed facility or outside of California.
- Ear and body piercing is OK if done with sterile, single-use needles. 12-month deferral if other methods used.
- Cancer-free during the last year. OK if treated for localized skin cancer.
- Never used intravenous drugs not prescribed by a physician and have not received an accidental needle stick in the last 12 months.
- No close contact in the past 12 months with someone who has hepatitis.
- No history of HIV (AIDS).
- Cannot donate if you have:
  - Spent a combined total of 3 months or more in the United Kingdom from 1980 -1996.
  - Spent a combined total of 5 years or more in Europe from 1980-the present (including time spent in the UK from 1980-1996).
  - Resided on a US military base in Europe for 6 months or more from 1980-1996.

**On the day of your donation, be sure to have something to eat and extra water to drink!**

**Please call Cheryl Berlow at (310) 945-6137 if you have any questions about your eligibility to donate or if you are interested in hosting your own blood drive.**