

# The golden rule is actually red.



## Monrovia High School All Sport Boosters Blood Drive- 2010 Colts Challenge Blood Drive

Friday, August 27th, 2010  
4pm-8pm  
In the Bloodmobile

[Click here to sign up!](#)

### 2010 Colts Challenge Blood Drive!

You donation counts!

You are competing against 5 other high schools  
to bring in the most donations.

The winning group receives the prize of having the  
Colts Cheerleaders  
come to your location!

All visitors at the blood drive receive a limited  
edition Colts Challenge T-Shirt!



### Eligibility

For questions regarding eligibility, contact Dave Nash [dnash@indianablood.org](mailto:dnash@indianablood.org) **FEEL FREE TO CONTACT DAVE TO SCHEDULE YOUR APPOINTMENT.**

Most people are eligible to donate. There are very few causes for deferral; there are very few medications that are not acceptable. Donors cannot be taking antibiotics for infection. Cancer patients must be one year cancer free. Heart patients must be 6 months symptom free. Diabetics can donate. It is recommended that donors have a light snack before donating **DO NOT FAST** – feel free to have some of our juice and cookies. Be sure to bring your picture ID!

The entire process of donating takes less than an hour. **A cholesterol, blood pressure, blood type, and iron check are included in your donation.** About a pint of blood is collected during the procedure. Males have about 9-12 units and females have about 7-10 units. These fluids are replaced in about 24 hours.

Indiana Blood Center is charged with collecting 550 units every day to be able to supply over 60 Indiana hospitals. Your donation will save up to 3 lives. Every drop counts!