



First Time Donors

Getting Over the Fear of Needles

Afraid of needles? You are not alone. Many people share that fear but find that they can still give blood. What most say is that the slight initial pinch pales in comparison to the feeling of accomplishment they get at the end of a successful donation!

Tips for a Successful Donation

Maintain a healthy iron level in your diet

Hydrate – drink an extra 16 oz of liquid before and after your donation

Have a healthy meal before your donation – avoid foods high in fat just prior to donation

Remember to bring your ID!

More Information for First Time Donors

What to bring to the donation?

Bring your driver's license or two other forms of identification with you to your donation. You may also want to bring a list of any medications you are taking.

Benefits of Being a Blood Donor

The biggest benefit of donating is:

Feeling great afterwards

Free cookies and juice

Feeling special wearing my “I give blood” sticker

Knowing I helped save a life

Knowing blood will be there if I or someone I know ever needs it