

## Useful Tips for Blood Donors:

- Tips for the first time donors can be found here:  
<http://www.redcrossblood.org/donating-blood/first-time-donors>
- Before sign up please see if you are eligible donating blood. Red Cross eligibility fact sheet can be found in the following link:  
<http://www.redcrossblood.org/donating-blood/eligibility-requirements>
- Also RapidPass allows you to start the blood donation process from the comfort of your home or office and save time at the donation site. The process is simple, just read the following information and complete the questions online, then print your RapidPass and bring it with you or show it on your mobile device. See more information: <http://www.redcrossblood.org/rapidpass>
- Tips for successful blood donation can be found here:  
<http://www.redcrossblood.org/donating-blood/tips-successful-donation>