



BECOME A VOLUNTARY BLOOD DONOR

The friends of the Blood Bank Association will be recruiting persons (staff and students) who are interested in and qualified to become Blood Donors.

NOTE: ALL Potential Donors

1. Acquaint yourself with the flyer entitled “**WHO MAY AND WHO MAY NOT DONATE BLOOD!**” which can be viewed on bulletin boards around campus.
2. You must present your National Identification card, driver’s permit or passport when going before the mobile nurse.
3. Please increase your intake of green leafy vegetables and/or high iron content foods/vitamins at least two (2) weeks before the visit.
4. Eat a proper breakfast or lunch before presenting yourself to the mobile nurse.

NOTE: Regular Donors

Walk with your **BLOOD TRANSFUSION SERVICE CARD** when presenting yourself to the nurse.

