

**EVERY 2 SECONDS**  
SOMEONE IN THE U.S. NEEDS BLOOD



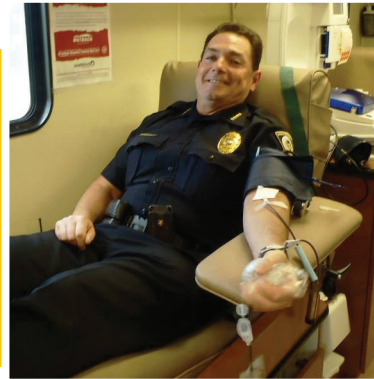
## BLOOD DONOR FAST FACTS

- Blood Drive schedule and locations:  
[BloodDrives-UCF.org](http://BloodDrives-UCF.org)
- Donation takes about 30-40 minutes
- You should eat about an hour before donating and be well hydrated
- You can reserve an appointment in advance—appointments are not required, but they reduce your wait time. Contact us if you have questions.
- You can donate every 56 days—that's six times a year to be a hero!
- You receive a "mini physical" with each donation that includes your cholesterol levels and more
- There is no substitute—donors are the only source of blood
- One in seven people entering the hospital need a blood transfusion. A car accident victim can need 50-100 units of blood to survive
- Keep the blood supply ready for emergencies and disasters by donating regularly

For more information, or if you have questions about blood drives or blood donation at UCF, please contact:

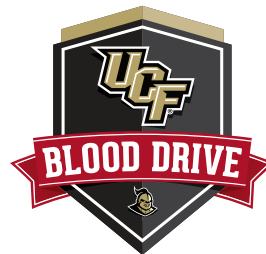
**University of  
Central Florida  
Blood Drive Chair**

407.823.3094 📞  
[BloodDrives@ucf.edu](mailto:BloodDrives@ucf.edu) 📧  
[BloodDrives-UCF.org](http://BloodDrives-UCF.org) 🌐



*"Donating blood is the most personal way any individual can serve their community and fellow human beings. Your blood donation truly saves lives."*

**Richard Beary**  
UCF Police Chief



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*To donate blood you must be at least 16 years old and weigh a minimum of 110 pounds. Picture ID Requested.*

A PARTNERSHIP, SAVING LIVES



# THANK YOU FOR SAVING LIVES WITH US

**EVERY BLOOD DONOR IS A HERO.**

[BLOODDRIVES-UCF.ORG](http://BLOODDRIVES-UCF.ORG)



*Your donation will help an ill or injured patient within a few days. The turn-around is fast, the need is constant.*

# DONATING IS AS EASY AS 1-2-3



## GET READY TO DONATE

- Eat a light meal and drink plenty of water prior to donating
- Bring a photo ID and a list of any medication you may be taking
- Wear a short sleeved shirt



## TIME TO DONATE

- Visit a blood center location or mobile blood drive
- Answer some questions and fill out some paperwork
- Have your blood pressure, temperature and iron levels checked
- Donate and share your power to save lives!



## TRACK YOUR RESULTS

- Create your own interactive account at [oneblood.org](http://oneblood.org) and:
  - Track your cholesterol results
  - Track your donation history
  - Learn your blood type
  - Make your next appointment
  - Locate a donation center
  - Find a mobile blood drive

## UCF IS A LEADER IN SAVING LIVES

The giving spirit of our Knight family shines in many ways. The University of Central Florida is one of our region's most prolific blood donor organizations.

Regular blood drives at UCF collect an average of 40 units each from students, faculty, and staff. Our World Blood Donor Day blood drives are an opportunity to join the international voice of gratitude to donors and support for recipients.

The University of Central Florida is one of the most impactful donor bases in our region because of the generosity and commitment to community that are such an important part of our Knight culture. Thank you, UCF!



## SPECIAL BLOOD DRIVES

### GUNS AND HOSES

The UCF Police Department needs your support every year in the firefighters vs. law enforcement battle of blood!



### WORLD BLOOD DONOR DAY (WBDD)

The University of Central Florida hosted the first regional World Blood Donor Day event on its campus in 2012!

Every year, we host an event or blood drive on or near June 14th in support of the World Health Organization's global initiative to educate and recruit blood donors.

### KNIGHTS.H.A.R.E

You'll find the Big Red Bus at the annual UCF Emergency Management Expo, along with information about how disasters and emergencies effect the blood supply, hosted by a local volunteer blood donor group.

