## FEAR LESS. GIVE MORE.

## Warren County Technical School Blood Drive

Wednesday, October 22<sup>nd</sup> 8:30 am – 2:00 pm

To schedule an appointment, See Mrs. Sellers in the Health Office

## **PLEASE REMEMBER:**

- Must be at least 16 years old.
- Parent/guardian permission slips are required for 16-year-old donors.
  - Bring a photo ID with you.
  - Do not donate on an empty stomach -- please eat within 2-3 hours of donation.
    - Get a good night's sleep.
      - Drink plenty of fluids.



APPOINTMENTS REQUIRED

