

# Hero Card



When giving blood, you **MUST** fill out a Hero Card (available at all donor sites) and return it to the receptionist to earn your Summer Blood Challenge Points!

PLEASE PRINT

**NAME:** \_\_\_\_\_

**COMPANY:** \_\_\_\_\_

**AGE:** \_\_\_\_\_

**DATE OF BIRTH:** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_

To be completed by the Blood Bank:

Date: / / Location: \_\_\_\_\_

Donor #: \_\_\_\_\_

[www.delmarvablood.org](http://www.delmarvablood.org)  
1-888-8-BLOOD-8



# Blood donor requirements:

**Age:** 17 years or older

**Weight:** Minimum of 110 lbs

**Good Health:**

No cold, sore throat or flu symptoms  
No recent major surgery  
No history of hepatitis  
No tattoo or body piercing within the last 12 months

**Eating:**

Be sure to eat a good meal within three hours before giving blood

**PLEASE NOTE:** Photo ID (or two other forms of ID) required.

## Who Needs Blood?

- Auto accident victims
- Kids with leukemia
- Newborn babies
- People having surgery
- Cancer patients
- Someone you know



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