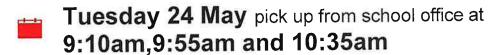


## A SHORT TIME FOR YOU IS A LIFETIME FOR SOMEONE ELSE

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Sign up on the booking sheet at the office, read the **Blood Donor ELIGIBILITY Criteria**.

Eat & drink plenty before you donate (at least 1.5L of water). ID is needed

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