

CHANGING MEDICINE.
CHANGING LIVES.®



ELY COMMUNITY BLOOD DRIVE

Tuesday, June 5 | 3:00 p.m. to 7:00 p.m.
St. John Lutheran Church: Fellowship Area

Address: 1420 Walker St, Ely, IA 52227

Sign up for an appointment online at uihc.org/degowin.



A special blood drive held in honor of Aaron Sturtz and others that have been saved by blood donations.

**Successful donors
will receive a
key chain!**

I BLEED BLACK & GOLD

PLEASE NOTE:

It is important to be well hydrated and it is recommended to increase the amount of salt in your diet the day prior to donating.



University of Iowa Health Care

DeGowin Blood Center

uihc.org/degowin  

Information for Blood Donors

***Donors should expect the blood donation process to take approximately 45-60 minutes.**

May take longer if the drive gets busy!

***Blood Donation Intervals are based on your age:**

16-17: Every 20 weeks

18-24: Every 16 weeks

25 and Older: Every 8 weeks



Must bring a photo I.D. to the blood drive, your work or school I.D. is accepted.



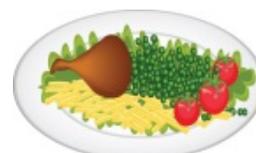
Be at least 17 years old or 16 w/ special consent.



16 year old donors need a special consent form signed by parents PRIOR to donating.



Be in general good health.



Be cold & flu symptom-free for 5 days.

Eat a FULL meal within 4 hours of donation. You are burning over 600 calories by donating so eat well! Drink plenty of fluids before donating.



Weight at least 110 lbs.



Bring a list of current medications.



Bring a list of places visited outside the U.S. in the past 3 years

Tattoos & Piercings are not a deferral if you received them at a regulated facility and they are healed.



Dental work and surgeries might not defer you.



PLEASE NOTE: It is important to be well hydrated and it is recommended to increase the amount of salt in your diet the day prior to donating.

**Check with DeGowin before deferring yourself.
You just might be eligible!**

If you have any questions regarding your eligibility, please call the DeGowin Blood Center at (319) 356-2058 or visit our website at www.uihc.org/degowin.



University of Iowa Health Care

DeGowin Blood Center

