

Someone's *life* depends on *YOU*.

Blood donation eligibility criteria (Introduction)

The attached files contain information that should be used to answer questions donors might have about giving blood. The information is written in lay terms to be easy to understand. However, please also read the "Message from the CSA (Customer Service Advocate)" and feel free to contact her if you cannot find the answer you need. The contents of the files are identified by the file name.

Donor information files

- Message from the CSA
- Overview
- General health
- Medications
- Travel
- Don't let low iron keep you from donating blood
- Lifestyles
- What does it take to be a blood donor
- Post-donation care
 - Dizziness, fainting and nausea
 - Numbness and tingling
 - Arm pain
 - Bruising

Thank you so much for your assistance. By helping Virginia Blood Services, you are helping save lives throughout central Virginia.

