

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

Menu of materials

- Automated red cell donation
- Automated red cell – Questions & answers
- Platelet donation – Saving lives doesn't get any easier
- Platelet donation – Questions & answers
- Blood donation eligibility criteria
 - Message from Customer Service Advocate
 - Overview
 - General health
 - Medications
 - Travel
 - Don't let low iron keep you from donating
 - Lifestyles
 - What does it take to be a blood donor
 - Dizziness, fainting and nausea
 - Numbness and tingling
 - Arm pain
 - Bruising
- The importance of blood donations
- Why donating blood is important and why you should do it
- The importance of scheduling blood donor appointments
- 56 facts about blood
- Testing by VBS
- Some facts about blood type
- Why you are needed
- Facts about giving blood
- Hospitals served by Virginia Blood Services
- Organ Transplants, VBS Role In
- How to recruit blood donors
- Newsletter briefs
- Save a life in an hour
- Top ten reasons to donate blood
- A typical day at a major medical center
- Virginia Blood Services
 - Donor center locations
 - History
 - Facts about VBS
 - Mission statement