

# Be a Lifesaver

## North Shore High School Blood Drive



Friday, November 6, 2009  
10:00pm – 3:30pm  
Auxiliary Gymnasium

*To schedule an appointment, please contact Kelly LaMattina 516-428-3844 (Student Coordinator)*

You may be astounded to learn that New York has never been self-sufficient in meeting its need for blood. There is no substitute for human blood and 1 in 3 adults will require a blood transfusion at some point in our lives. You can help remedy this situation by donating blood and giving the **"Gift of Life"**

**For additional information, please call  
516-277-7029  
Ms. Julia Salat  
Adult Coordinator**

#### **Eligibility Criteria:**

- **Bring ID with signature or photo**
- **Minimum weight 110 lbs.**
- **Age 16 – 75 (16 year olds need parental permission. Age 76 and over need doctor's note)**
- **Eat well (low fat) & drink fluids**
- **No tattoos for past 12 months**

**Remember, Blood is Life... Pass It On!**

**For medical eligibility please call 1-800-688-0900**

 **Long Island** Blood Services