

NINDS Blood Drive

August 15-19, 2022

NINDS is sponsoring a one-week blood drive in partnership with the NIH Blood Bank! All NINDS staff, families and friends can sign up to donate. Your donation is used to support the many patients at NIH who come from all over the world to receive treatment. Just one pint of blood can save up to three lives.

Types of donations:

- Blood transfusion
- Platelets (NIH Donor Center)
- Research

You are eligible if you:

- Are healthy
- Are at least 17 years of age
- Weigh at least 110 pounds

For more information on eligibility, visit the NIH Blood Bank website at: www.cc.nih.gov/blooddonor

When you donate, be sure to:

- Drink plenty of water before your appointment
- Wear clothing with sleeves that can be raised above your elbow
- Bring your NIH ID
- Plan to spend approx. 1 hour at the blood bank, actual blood donation time is only 7-10 mins
- Keep your bandage on and dry for 3-4 hrs after
- Avoid heavy lifting or vigorous exercise that day
- Rehydrate by drinking plenty of fluids
- Experience the good feeling that comes with knowing you have helped save lives

3 ways to sign up:

1. Call (301) 496-1048
2. Email giveblood@cc.nih.gov
3. Scan the QR code below



Be sure to mention you are with NINDS. Donations from friends and family count toward our drive.

