

Blood Emergency



*The Southampton Youth Advisory Committee
invites you to be a Heart Hero.
One pint of blood can save up to three lives.
Give blood, give hope, save a life.*

**Southampton Youth Bureau
David W Crohan Community Center
655 Flanders Road, Riverhead**

**Monday, January 19th
12:00pm-6:00pm**

**Appointments strongly preferred:
Scan the QR code or
call 1-800-933-2566 or visit www.nybc.org
Any further questions contact Jennifer 516-310-2382**

Prepare to donate



Eat well
and hydrate



Bring a
photo ID



Feel good and
symptom free



Meet minimum
weight requirements



Must be 17-75
- 16 with parental
permission form
- 76+ with written
physician consent

Visit nybc.org/eligibility
for complete donation guidelines.

