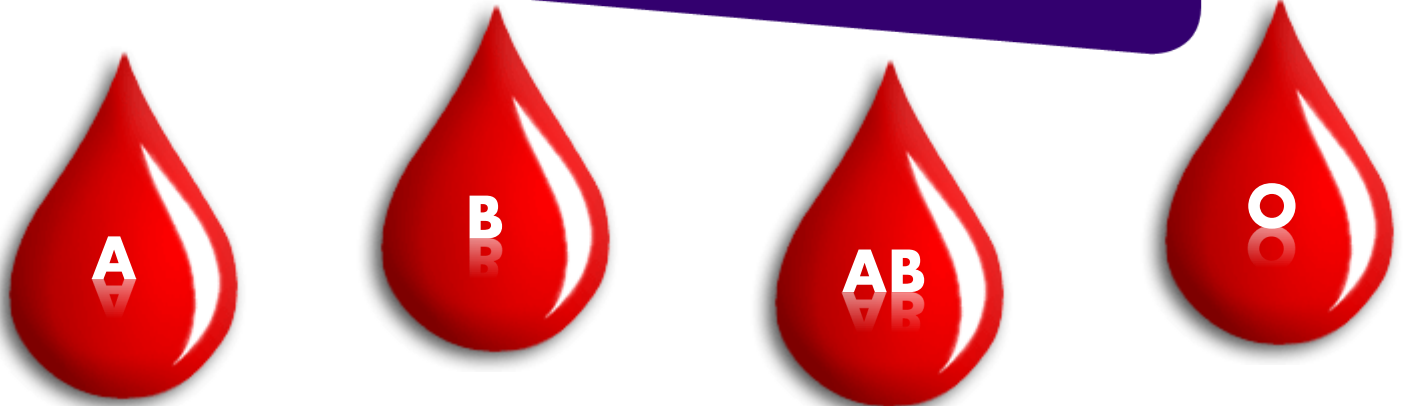# Save the Life of a Patient or Member of the Community

A   B   AB   O

Donate Blood Today

You can help save lives by donating blood. We invite you to donate directly for a specific patient in our hospital or make a general blood donation.

Invite your family and friends, and schedule your appointments to donate today!

Guidelines for Donating:

- Be in general good health.
- Tattoos are allowed if done in a licensed shop within California and completely healed. Please call regarding other states.
- Let us know if you have traveled outside the US or Canada in the past 3 years.
- Be at least 17 years of age and weigh at least 110 lbs.
- Eat a nutritious meal before donating.
- Be well-hydrated (water or juices are best).
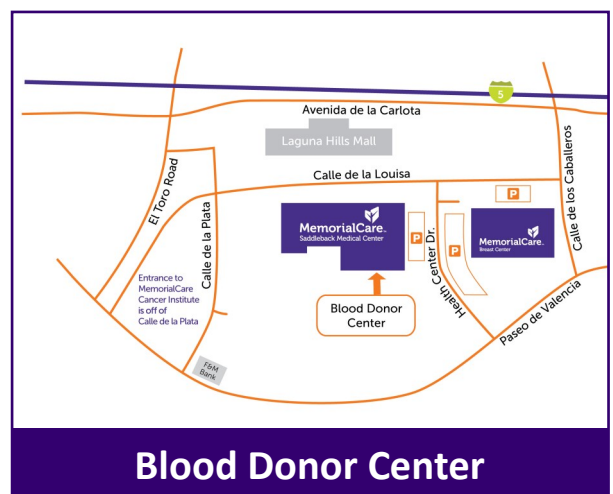- Bring your photo ID.

Call (949) 452-3158 or go to

memorialcareblooddonor.org

to schedule your appointment.

Blood Donor Center at MemorialCare Saddleback Medical Center

24451 Health Center Drive
Laguna Hills, CA 92653
(949) 452-3158

Located inside the main entrance on the first floor – just past the Gift Shop – on the left.

You can help save a life 6 times a year with blood and 24 times a year with platelets!

Blood Donor Center

MemorialCare™
Saddleback Medical Center