

The Blood Donor Center

Blood...the Key to Life



High School Community Service Program

4 HOURS COMMUNITY SERVICE CREDIT
For donating blood

2 HOURS COMMUNITY SERVICE CREDIT
For referring a new donor
(non-high school student)

Frequently Asked Questions:

■ **Where is the Blood Donor Center located?**

Inside the main entrance of the hospital on the main floor across from the Gift Shop and the Atrium—on the left.

■ **How long does the appointment last?**

Please allow 1 hour for your first appointment, and 45 minutes for appointments thereafter.

■ **How often can a donor donate?**

Donors can donate every 56 days (2 months).

■ **How do I get my credit?**

Bring your Community Service Credit form and a photo ID with you to your appointment. A manager will complete & sign it for you.

If you are referring someone, have them bring the form with your name and information on it to be signed.

Please note: Credit will not be given for referring another high school student.

■ **Other Incentives**

Donors also receive either a **FREE MOVIE TICKET** or **T-shirt**.

Guidelines for Donating:

- 1) No antibiotics or dental work 3 days prior to donation.
- 2) Tattoos or body piercings must be healed & done in a licensed CA Facility.
- 3) Be at least **17 yrs.** of age and weigh at least **110 lbs.**
Students may donate at 16 yrs. with a signed parental consent.
- 4) Eat a nutritious meal before donating.
- 5) Drink lots of water and/or juice. Avoid coffee, tea and sodas.
- 6) Bring a **PHOTO ID**.

The Blood Donor Center

Open Mon-Fri 8:30am-4pm

1st & 3rd Wed till 6:30pm

1st & 3rd Saturdays

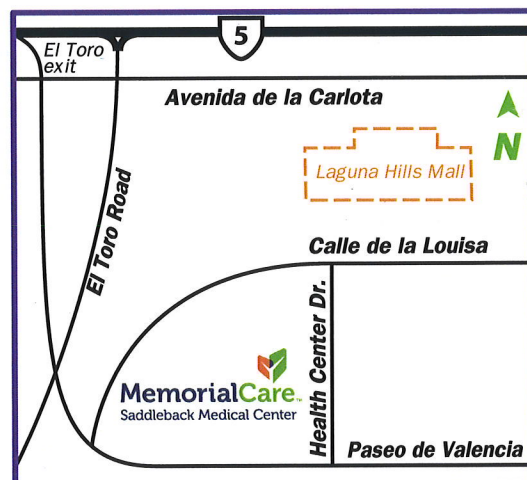
8:30am-12:00pm

Call for an appointment:

(949) 452-3158

or schedule online at

www.memorialcareblooddonor.org




MemorialCare™
Saddleback Medical Center

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

memorialcare.org/givebloodSMMC

24451 Health Center Drive, Laguna Hills, CA 92656