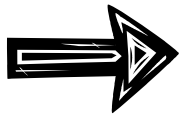




Become a BDA (BLOOD DONOR AMBASSADOR)!

- Be a **leader** in your school.
- **Ask** adult relatives and friends to donate during your school's Blood Drive.
- **Learn** why blood donation is so important.



QUICK FACTS ABOUT BLOOD DONATION

- **Every 2 seconds** someone needs blood.
- **400 donors** are needed every day in Kentucky.
- **Only 2 out of 100 Kentuckians give blood.** Yet, almost all of us will need it!
- **First-time donors** are especially encouraged to give it a try.
- You can **donate every 56 days** and help up to **3** people.
- **To be a donor:** At least 17 years old, weigh at least 110 pounds and be in good health. (16-year olds can donate with their parents' permission.)