



Upcoming Blood Drives
FEBRUARY 2009

Donors are needed each and every day to make sure that everyone who needs blood receives blood. Under normal circumstances, the Alabama & Central Gulf Coast Region must collect roughly 600 units per day to make sure hospital requests are filled, and one of the best ways to avoid a dangerous emergency shortage is to give regularly at Red Cross blood drives and donor centers.

If you plan on giving blood, prepare yourself for the process:

- ú Double your fluid intake in the 48 hours leading up to the drive.
- ú Eat a nutritious meal the night before, as well as the day of, the blood drive.
- ú Eat iron-rich foods such as lean beef, broccoli, eggs, greens, shrimp or dried beans.
- ú Consume foods rich in Vitamin C, such as citrus fruits, cabbage, tomatoes and sweet potatoes. Get a good night's sleep before the drive.
- ú To give blood, one must be 17 years old or older, weigh at least 110 pounds and be in general good health. Please bring photo identification. If you cannot donate, please ask someone to donate in your place.

HUNTSVILLE

Wednesday, Feb. 4:

Sparta Inc.

401 Diamond Drive, Huntsville

Site: American Red Cross Bus

Hours: 11:00 am – 4:00 pm

Friday, Feb. 6:

Colsa

6728 Odyssey Drive, Huntsville

Site: American Red Cross Bus

Hours: 12:00 noon – 5:00 pm

Friday, Feb. 6:

Missile Defense Agency, 106 Wynn Drive

Huntsville

Site: American Red Cross Bus

Hours: 7:30 am – 12:30 pm

Tuesday, Feb. 10:

Randolph School, 1005 Drake Avenue

Huntsville

Site: American Red Cross Bus

Hours: 8:30 am – 2:00 pm

Wednesday, Feb. 11:

Grace United Methodist Church, 2113 Old Monrovia Road

Huntsville

Site: Fellowship Hall

Hours: 3:00 pm – 8:00 pm

Wednesday, Feb. 11:

Avocent

4991 Corporate Drive, Huntsville

Site: American Red Cross Bus

Hours: 9:00 am – 2:00 pm

Friday, Feb. 13:

Lockheed Martin

4800 Bradford Drive, Huntsville

Site: American Red Cross Bus

Hours: 9:00 am – 2:00 pm

Tuesday, Feb. 17:

Huntsville Center for Technology

2800 Drake Avenue, Huntsville

Site: Auditorium

Hours: 8:00 am – 3:00 pm

Tuesday, Feb. 24:

Boeing Bldg. 48-47

930 Explorer Blvd, Huntsville

Site: American Red Cross Bus

Hours: 8:00 am – 1:00 pm

Wednesday, Feb. 25 & Thursday, Feb. 26:

Oakwood University

7000 Adventist Blvd, Huntsville

Site: American Red Cross Bus in Blake Center Parking Lot

Hours: (Feb. 25) 12:00 noon – 6:00 pm

(Feb. 26) 10:00 am -- 4:30 pm

MADISON

Wednesday, Feb. 18:

Boeing Company Bldg. 48-112

Intergraph Bldg. 23-A,

230 Business Park Bldg, Madison

Site: American Red Cross Bus

Hours: 8:30 am – 1:30 pm

Saturday, Feb. 21:

St. John's Catholic Church

1055 Hughes Road, Madison

Site: Parish Hall

Hours: 9:30 am – 2:30 pm