

Because of you, life doesn't stop.

#VitalToLife



ADVANCE APPOINTMENTS

are encouraged to help maintain social distancing.



Regardless of vaccination status, all donors must bring and wear a **MASK** or **CLOTH-BASED FACE COVERING**.



DONATE BLOOD

vitalant.org | 877-25-VITAL

**Vista Grande High School
BLOOD DRIVE**

Tuesday, September 21

9:00 am - 1:00 pm

Small Gym

Contact Mia Khan at mkhan@cguhsd.org or visit donors.vitalant.org (Blood Drive Code: vistagrandehs)



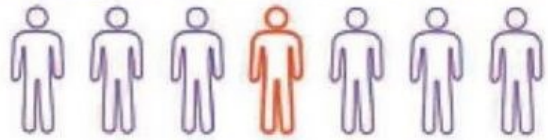
#DidYouKnow: BLOOD FACTS

SOMEONE
NEEDS
BLOOD
EVERY



2 SECONDS

1 in 7 people entering a hospital will need blood



THERE IS NO SUBSTITUTE FOR BLOOD

Blood travels through
60,000 MILES
of vessels inside you, enough to wrap around the earth's equator roughly 2.5 times



AN AVERAGE
ADULT BODY
CONTAINS

10-12
pints of
blood



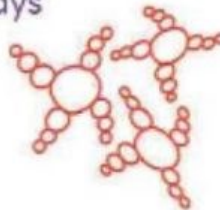
RED BLOOD CELLS
carry oxygen throughout the body and must be transfused within 42 days

42



PLATELETS
promote blood clotting and must be used within five days

5



PLASMA is 92 percent water, carries nutrients throughout the body and can be frozen up to 1 year

1



33,000
DONORS

are needed **EVERY DAY** to meet the blood needs of hospital patients in the U.S.



 GIVE BLOOD TODAY | vitalant.org

vitalant 