

University Of Iowa DeGowin

# Blue Blood Drive

**IOWA**  
HEALTH CARE

Hosted by the Coralville Police  
Department

Tuesday, December 16<sup>th</sup> | 10 a.m. – 2:00 p.m.  
City of Coralville, Council Chambers



This **Blue Blood Drive** is hosted by the  
City of Coralville Police in partnership  
with the **Iowa Chapter of C.O.P.S.**

## Donation Day Check list



- ☐ Bring a Photo ID.
- ☐ Drink plenty of fluids and have a good meal before Donating.
- ☐ Be free of cold or flu symptoms for five days.
- ☐ Provide a list of medications that you take.
- ☐ Bring a list of the places and dates you have traveled outside of the US in the last three years.
- ☐ Be ready to donate! (whole blood donations take about 45-60 minutes)



All successful donors will receive our new I  
Bleed Black & Gold Tumbler, from November  
17<sup>th</sup> – January 16<sup>th</sup>, while supplies last!

Please Note: It is important to be well hydrated and we recommend you increase the salt in your diet the day prior to donating

**\*\*Donors must be at least 17 years old or 16 with a signed parental consent form\*\***

### Schedule an appointment

call (319) 356-2058  
or schedule online at  
<https://bit.ly/4nRbkMO>

### Local Support

All blood collected is used locally to  
help patients at University of Iowa  
Health Care and UI Stead Family  
Children's Hospital.

### Eligibility Questions

Call the UI DeGowin Blood Center at  
319-356-2058.

➔ [uidegowinbloodcenter.org](https://uidegowinbloodcenter.org)

Individuals with disabilities are encouraged to attend all University of Iowa-sponsored events. If you are a person who requires a reasonable accommodation in order to participate in this program, please contact UI DeGowin Blood Center in advance at 319-356-2058 or email [DeGowin-blood-center@uiowa.edu](mailto:DeGowin-blood-center@uiowa.edu).