



FOR IMMEDIATE RELEASE
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**2017 Mayor's Cup Blood Drive
(Public Giving Opportunities)**

Portsmouth, VA – Join the friendly competition among the area localities and help earn bragging rights for the City of Portsmouth while helping others. Sign up now for the American Red Cross 2017 Mayor's Cup Blood Drive.

Public giving opportunities will take place on:

- Tuesday, June 13, 2017, from 8:30 a.m. until 12:00 p.m. at City Hall, 801 Crawford St., (Human Resources Training Room)
- Wednesday, June 28, 2017, from 10:00 a.m. until 3:00 p.m. at City Hall, 801 Crawford St., (Human Resources Training Room)

Eligible blood donors of all blood types are encouraged to give blood through the American Red Cross to help ensure a sufficient supply for hospital patients. Donated blood is perishable and must constantly be replenished to keep up with hospital patient need. Red blood cells are the blood component most frequently transfused by hospitals and must be used within 42 days of donation.

To donate blood, you must be at least 17 years old, weigh a minimum of 110 pounds and in general good health. Eligible blood donors can give every two months. You must bring your photo ID when you come to donate, as well as the names of any medications you are currently taking. The entire donation process from registration to refreshments takes approximately one hour. The actual donation itself takes approximately 7-10 minutes.

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Marketing and Communications

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