



# FAIRFAX COUNTY PARK AUTHORITY



12055 Government Center Parkway, Suite 927 • Fairfax, VA 22035-5500  
703-324-8700 • Fax: 703-324-3974 • [www.fairfaxcounty.gov/parks](http://www.fairfaxcounty.gov/parks)

*For Immediate Release*

Judy Pedersen, PIO

November 19, 2014

E-mail: [parkmail@fairfaxcounty.gov](mailto:parkmail@fairfaxcounty.gov)

PSA-126

Press Inquiries: 703-324-8662

## Donate Blood at Spring Hill RECenter Community Blood Drive

There is a constant need for donated blood in Fairfax County. Just one donation can help save the lives of up to three people. Spring Hill RECenter in Mclean, Va., will play host to a Red Cross community blood drive from 10 a.m. to 3:30 p.m. on Saturday, December 6, 2014. A Red Cross Blood Mobile will be parked in front of the RECenter located at 1239 Spring Hill Rd.

Donors are asked to check in near the main entrance to the RECenter. Donors are encouraged to eat a meal prior to giving blood and drink plenty of water. Photo ID is required at donation time.

Blood donation requirements include a minimum weight of 110 pounds and minimum age of 17. A 16-year-old may donate blood with written parental consent. There is no upper age limit for donating blood. Many health conditions and medications do NOT prevent someone from donating blood. People taking insulin, blood pressure, thyroid, and cholesterol medications, aspirin, antidepressants, and hormone replacement can give blood. Tattoos are also okay as long as they are healed and have been done in a reputable tattoo facility. People can donate a pint of blood every 56 days.

To sign up in advance, call 800-RED-CROSS (800-733-2767), or visit [www.redcrossblood.org](http://www.redcrossblood.org) and enter sponsor code SPRINGHILLRECVA. Spring Hill RECenter is operated by the Fairfax County Park Authority. For information about the facility, visit [www.fairfaxcounty.gov/parks/rec/springhill](http://www.fairfaxcounty.gov/parks/rec/springhill).

###



If accommodations and/or alternative formats are needed, please call (703) 324-8563, at least 10 working days in advance of the registration deadline or event. TTY (703) 803-3354.