

We're joining Team Red to help save lives

Team Red is a group blood donation programme that makes it easier for you and your teammates to get behind a powerful, life-changing cause. Blood donation takes as little as one hour, and a single donation has the power to save up to three lives. Ready to join the movement?



HERE'S HOW YOU CAN GET INVOLVED:

1

Join our Team Red group

Ask the Team Captain to add you to your Team Red Group

2

Donate with your teammates

All blood donations will count towards our group total

3

Feel proud and celebrate together!

Tag your teammates and share your photos with **#nzblood** and **#TeamRed**

HOW DO I KNOW IF I AM ELIGIBLE TO GIVE BLOOD?

Generally, if you're between the ages of 16 and 65, weigh more than 50 kg and are in good health, you may be eligible to donate. It's a good idea to check your eligibility at: **www.nzblood.co.nz** or call **0800 448 325**. Other criteria such as if you have lived in the UK, have had tattoos or have travelled recently may affect your eligibility.

WHAT IF I AM UNABLE TO DONATE WITH MY GROUP?

Can't make a group donation? No problem. Your Team Captain will let you know when your next group donation is.

ANY QUESTIONS?

Contact our Team Captain.



GIVING BLOOD TOGETHER

www.nzblood.co.nz/teamred