

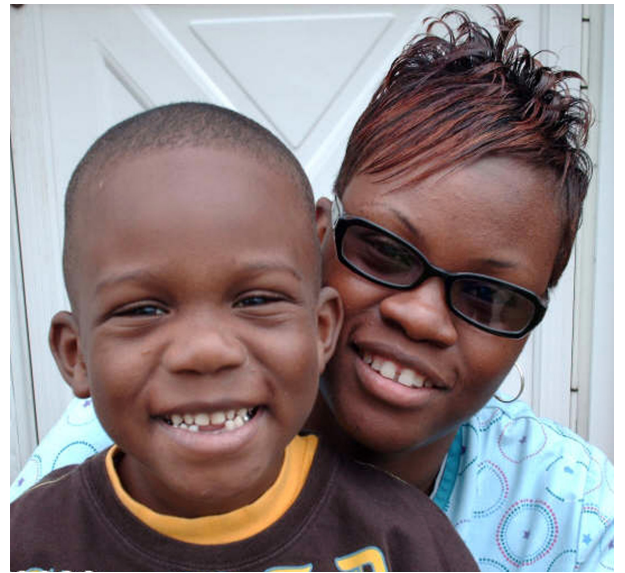
# My story

## Please give blood.



**American  
Red Cross**

The need is constant.  
The gratification is instant.  
Give blood.™



**Chiquita and her son Malachi**

For **Chiquita**, it was easy to decide whether to donate or not. She simply followed her heart.

Chiquita says she loves helping people. And that shows when she rolls up her sleeves and gives blood at her **college blood drive**, or when she fits in an appointment to give **platelets** after work.

Chiquita has a job in the medical field, and is attending school to increase her skills to help others. When she's not balancing work and school life, she cherishes the moments she spends with her son **Malachi**. He's 4 years old, and very excited about losing his two front teeth.

Like Malachi, Chiquita enjoys the little things in life. She says donating blood or platelets is worth every minute. She values the wonderful feeling of thinking that someone else may have a **second chance at life** because of something she took the time to do.

Blood donors must be at least 17 years old, weigh a minimum of 110 pounds, be in general good health, and present a donor card or positive ID upon donation. ©2009 The American National Red Cross 05/09AP480

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