



American Red Cross



Needs You!

**The American Red Cross Is Experiencing A Serious Blood
Shortage**

Thousands Of Blood Drives Are Cancelled Nationwide

Due To Covid-19 Pandemic!

Sickle Cell Clients Often Receive Blood To Save Their Lives

Other Emergencies That Happen Regularly.

Call 503 284 1234 To Make Your Appointment Now!

Use Healthy Practices to Protect Yourself.

Cover your nose and mouth with a tissue when coughing or sneezing

Throw the tissue away after use. If a tissue isn't available, cough or ...

Clean and disinfect frequently touched surfaces daily.

(This includes tables, doorknobs, light switches, handles, etc)

Wash your hands often. Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

Avoid close contact. Avoid close contact with people who are sick, even inside your home.