



FOR IMMEDIATE RELEASE
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Summer is Here, and So Is the Need for Blood Donations

HOUSTON, Texas — Summer is a time for vacations, pool days, and time with family, but it's also a season when blood donations traditionally decline. With schools out and schedules packed, fewer people roll up their sleeves to donate, but the need for blood never takes a break.

Gulf Coast Blood is encouraging community members to give back this summer by donating blood at one of our many convenient [donor centers](#) or upcoming blood drives. Every donation can help save up to **three lives**, making a single act of generosity go a long way.



To add some friendly competition and summertime fun, the [Battle of the Badges](#) is back. From **July 1 to 6**, first responders across the region are going head-to-head to see who can inspire the most donors. When you donate, you can cast your vote for either **Team Police** or **Team Fire** and help save lives while supporting your heroes in uniform.

As a special thank-you, **Houston-area donors who give blood July 1 to 3** will receive:

- **A ticket to Shell Freedom Over Texas** (while supplies last)
- **A \$25 eGift card**
- **A Gulf Coast Blood T-shirt**
- **A general admission ticket to Dig World**



"We know summer is busy, but just one hour of your time can help patients in local hospitals who are counting on blood to be there when they need it," Theresa Pina, Chief Growth Officer said. "We're grateful for our generous donors who make a difference year-round."

Donating is easy and all donors will receive a free A1c test that measures your average blood sugar levels over the past two to three months. This test can help you identify prediabetes or diabetes and help you stay informed about your health.

Find a nearby donor center and schedule your appointment today: giveblood.org.

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Gulf Coast Blood is the sole 24/7 provider of blood and blood components to over 170 hospitals across a 26-county Texas Gulf Coast region. As a nonprofit accredited by the FDA, we are committed to saving lives. To learn more or donate, visit giveblood.org.

Commit for Life®