

# You're a Hero!

Thank you for donating  
plasma and saving lives!





## Here's how to keep making a difference:

- Come back to donate again (and again and again)
- Invite a friend or family member to donate with you
- Share your story on [plasmahero.org](http://plasmahero.org)
- Take a selfie while you're donating plasma, share with your friends and use [#plasmahero](https://www.instagram.com/hashtag/plasmahero)
- Follow us on social media [@beaplasmahero](https://www.instagram.com/beaplasmahero)
- Make your appointment to donate again

Ready to answer the call and share your hero story?

Visit [www.plasmahero.org](http://www.plasmahero.org)!

*Plasma Hero is an initiative of the Immune Deficiency Foundation.*



SHARE YOUR STORY



LEARN ABOUT IDF