



BLOOD DONOR GUIDELINES

All donors: Please provide personal photo identification. IDs must be issued by state (DL or ID), school or U. S. government (Passport, Military ID, Resident Alien ID, Green Card, Mexican Consular ID or Work Visa).

Age: At least 16 years of age and in good general health. Sixteen-year-olds must have written parental consent. There is no upper age limit.

Weight: Minimum of 110 pounds.

Medications: Cannot donate if currently taking antibiotics for infection, except for prevention. Platelet donors cannot donate if taking aspirin or medication containing aspirin. Okay, to donate if taking vitamins, birth control, medicine for allergies, blood pressure, thyroid replacement, female hormones, anxiety or high cholesterol, as well as most other medications.

Eating: Eat a low-fat but hearty meal within 2 hours before donating.

Drinking: Drink lots of water or juice before and after donating. Avoid alcoholic beverages a minimum of 12 hours before and 24 hours after donating.

Shots: Okay after allergy shots, influenza vaccine, hepatitis A vaccine, tetanus shot.

Strenuous activity: Avoid for at least 24 hours after donating. Individuals with a hazardous or strenuous job should donate at the end of their work shift.

Cancer: Okay to donate after removed/treatment(s) complete for basal cell skin cancer and squamous cell skin cancer. For melanoma and most solid tumors, including those due to breast cancer, it is okay to give 2 years after completion of all treatment. Exceptions are noted under "Permanent Disqualifications."

Diabetes: Okay if well controlled by insulin, oral medication or diet.

Temporary Disqualifications

Cold/Flu/Don't Feel Well: One day symptom-free. Okay to donate, once feeling well and healthy.

Pregnancy: Okay to donate 6 weeks after end of pregnancy.

Ear or Body Piercing: Okay to donate, if performed using a single-use device, otherwise; wait 3 months from date of procedure.

Hepatitis B Vaccine: Okay to donate 2 weeks after vaccine.

Tattoo: Okay to donate, if performed in a regulated, state licensed facility, otherwise; wait 3 months from date of procedure.

Last blood donation: Eight weeks between whole blood donations. Seven days between platelet donations, up to 24 times per year. Sixteen weeks between automated 2 unit red cell donations.

Blood transfusion or tissue transplant: 3 months following date of procedure.

Malaria: 3 months following travel to malarial area as defined by the Centers for Disease Control and Prevention (CDC).

History of illicit drug use, including steroids, using a needle: 3 months from date of last use

Permanent Disqualifications

- Positive test for the AIDS/HIV virus
- Positive test for *Babesia*
- History of heart attack
- Lymphoma, leukemia or other blood cancers
- 3 months or more in the United Kingdom countries of England, Northern Ireland, Scotland, Wales, the Isle of Man, the Channel Islands, Gibraltar or the Falkland Islands from 1980 – 1996
- 5 years or more in France or Ireland from 1980 – 2001 (Time spent in Ireland does not include time spent in Northern Ireland which is part of the United Kingdom)
- Recipients of blood transfusions in France, Ireland, England, Northern Ireland, Scotland, Wales, the Isle of Man, the Channel Islands, Gibraltar or the Falkland Islands since 1980

Please remember, even if you are permanently disqualified from giving blood, there are other ways you can support our community blood supply. Host a blood drive, volunteer or recruit other blood donors. Every little bit helps!