

# 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 two 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 12 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) compete 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 two years after completion of all treatment. Exceptions are noted under "Permanent Disqualifications."

**Diabetes:** Okay if well controlled by human or porcine 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 six weeks after end of pregnancy.

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

**Hepatitis B Vaccine:** Okay to donate two weeks after vaccine.

**Tattoo:** Okay to donate, if performed in a regulated, state licensed facility, otherwise wait one year 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 two unit red cell donations.

**Blood transfusion or tissue transplant:** One year following date of procedure.

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

## Permanent Disqualifications

- AIDS/HIV infection or certain risk factors
- History of heart attack
- History of illicit drug use, including steroids, using a needle
- Human growth hormone injections (pituitary derived)
- Lymphoma, leukemia or other blood cancers
- Diabetic who ever took bovine (beef) insulin injections
- More than three months spent (cumulative) in the United Kingdom between 1980 and 1996
- More than 5 years spent (cumulative) in Europe from 1980 to the present
- If the donor was a member of the U.S. military, a civilian military employee or a dependent of a member of the U.S. military who was based in any of the following countries: Belgium, the Netherlands, Germany between 1980 through 1990, or in Spain, Portugal, Turkey, Italy or Greece between 1980 – 1996
- Recipients of blood transfusions in the U.K. or France 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!