You can NOW donate if:

- You have lived or traveled in the U.K. or Europe. Mad Cow Disease is no longer a deferral.
- You have ever had cancer and are 1 year cancer free/treatment free.
- You have diabetes; even if you are taking oral medication or insulin.
- You have had heart bypass surgery or a stent more than 6 months ago and have no restrictions from your Doctor.
- Your last dose of antibiotics was over 24 hours ago.
- You have a tattoo from a licensed facilty that is more than 4 weeks old.
- You traveled outside the US or Canada in a malaria risk area and its been more than 3 months since returning to the US.
- You are either on Coumadin or Warfarin as a blood thinner.
- You recently had the flu or hepatitis A vaccine.
- You had a vaccine for Hepatitis B, MMR, or shingles more than 4 weeks ago.

SunCoast Blood Centers

1-866-97-**BLOOD**
suncoast**blood**.org

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Research Opportunities

To find out more:

Call **(941)893-3171**

Email **DonorResearch@suncoastblood.org**

Or go to **suncoastblood.org/get-involved/#participate**

PAID/UNPAID opportunities available.