

## TRANSPLANT

If you receive a corneal transplant you may not donate blood for 12 months.

## TUBERCULIN/TB SKIN TEST

Routine TB skin tests are acceptable without waiting period as long as you do not have active tuberculosis.

## TATTOOS

You must wait 12 months after a tattoo unless it was applied in a state that requires both licensure and inspection and the facility was licensed. Donors must know licensure status and provide the name of the state to determine eligibility. Donors must verify that the needle used to apply the tattoo was a one-time use needle that has not been used on another client previously.

## TRAVEL

Visits to malarial areas result in a temporary 12 month donor deferral. Living five years or more in malarial country or countries requires a three year deferral. All donors who travel outside the U.S. or Canada will be asked if they have lived for five years or more in a row outside the U.S. or Canada.

Spending time in the United Kingdom from January 1, 1980 through December 31, 1996 that adds up to three months or more results in an indefinite donor deferral. Spending time in the United Kingdom (1980 through 1996) and Europe from 1980 to the present that adds up to five years or more in any combination results in an indefinite donor deferral. A total time of six months or more from 1980 to 1996, associated with military bases in Europe may require indefinite deferral and requires specific eligibility assessment.

## WEIGHT

Minimum weight is 110 pounds. Due to safety regulations, there is a maximum weight limit that is based on the manufacturer's requirements for the equipment available at the site. Mobile beds are typically approved for maximum weights of 350 pounds.

## OUR COMMITMENT TO SAFETY

The top priority of the American Red Cross is to provide the safest possible blood supply for patients in need while providing a safe and comfortable experience for the blood donor. In order to accomplish this, multiple layers of safety are in place, some of which include self-deferrals, completion of the blood donor record, health history screening, testing, and post-donation information.

Ideally, everyone would be able to give the gift of life and help patients in need. Our responsibility to the blood recipient and donor means risks are minimized as much as possible. Sadly, our layers of safety can sometimes disqualify a healthy potential donor from giving.

As unfortunate as this is, it is a reflection of our commitment to being responsible stewards of the blood supply. As blood donation criteria and testing are consistently reviewed and updated, we are sometimes able to welcome back previously deferred or ineligible blood donors.

Eligibility criteria do change based on scientific research. If you are ineligible due to current criteria, there is a possibility that through future research or testing advancements, that you could be eligible again. We encourage you to check back with American Red Cross for the most up to date eligibility criteria.

We simply couldn't fulfill our life saving mission without our partnership with committed volunteer blood donors. We are grateful to you for your generosity as a blood donor, and your patience in understanding that safety for the patient is top priority.

**Donor eligibility must be determined on the day of donation at the collection location.** Call the Donor Client Support Center at 1-866-236-3276 if you have specific eligibility questions that you would like to discuss before coming to donate or visit [redcross.org](http://redcross.org) for additional information.

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# Volunteer blood Donor Eligibility Information



1-800-GIVE-LIFE | [givelife.org](http://givelife.org)



**American  
Red Cross**

The need is constant.  
The gratification is instant.  
Give blood.™

Updated 09/02/2009

## AGE

You must be at least 17\* years of age to donate blood. There is no upper age limit. (\*Sixteen years old with parental consent in some states.)

## ALLERGIES

Allergies are generally not a cause for deferral.

## BLOOD TRANSFUSION

You must wait 12 months after receiving blood, unless you have received **ONLY** your own blood. Receiving a blood transfusion in the United Kingdom from January 1, 1980 to the present results in an indefinite donor deferral.

## CANCER

Donors who have had cancer must be assessed to determine eligibility. Individuals cannot donate if they had blood cancers such as leukemia or lymphoma. Generally there is a 12 month deferral after the diagnosis, last treatment, or surgery for other types of cancer including melanoma. Individuals who have had non-melanoma skin cancers removed are eligible to donate when the site is treated and healed and no other treatment is required.

## COLDS

You may donate if you have minor symptoms without a fever. Minor symptoms include dry cough, runny nose, mild stuffiness and a mild sore throat. A donor must be free of infectious diseases on the day of donation. Donors must feel well enough to donate.

## DENTAL WORK

There is no waiting period for fillings, scalings, or cleanings. You may donate three days after oral surgery as long as there is no infection.

## DIABETES

You may donate even if on insulin, provided the insulin was not manufactured from cattle in the United Kingdom or any country at risk for vCJD (sometimes called mad cow disease).

## FREQUENCY

You may donate whole blood once every 56 days or every eight weeks (you can donate on day 56). You may donate double red cells every 112 days (16 weeks).

## HEPATITIS

Since age 11, if you had hepatitis, yellow jaundice, or liver disease caused by or associated with a virus, you cannot donate blood.

## HIV/AIDS

You are **not** eligible to donate blood if you have **ever**:

- Taken ("shot up") illegal drugs or non-prescription steroids by needle even once.
- Tested positive for any AIDS virus.
- Taken money or drugs in exchange for sex since 1977.
- Taken clotting factor concentrates for a bleeding disorder such as hemophilia .
- (This applies to males) Had sex with another male even once since 1977.

You are **not** eligible to donate blood **for 12 months** if you:

- Have had sex, even once with anyone who has ever used a needle for illegal or nonprescription drugs.
- Had or have been treated for syphilis or gonorrhea or tested positive for syphilis.
- Have given money or drugs to anyone to have sex with you.
- Have had sex, even once, with anyone who has taken money or drugs in exchange for sex since 1977.
- (This applies to females) Had sex with a male who has had sex, even once, with another male since 1977.

## HEART PROBLEMS

You may donate six months after diagnosis/event/procedure (procedures include cardiac catheterization) as long as you have no symptoms or restrictions in normal daily activities. Assessment on the day of donation is necessary.

## HIGH BLOOD PRESSURE

You may donate if you are taking medications to control your blood pressure. Eligibility is based on the blood pressure reading on the day of donation.

## IMMUNIZATIONS

There is no deferral period for routine flu shots, pneumonia vaccine, human papilloma virus (HPV) vaccine or meningitis vaccine. Hepatitis vaccine (without exposure to hepatitis) requires a 21 day deferral. Smallpox vaccination requires an eight week deferral. Routine military vaccinations and shingles vaccine require a four to eight week deferral (depending on if the small pox vaccination is included).

## MEDICATIONS

Most medications do not interfere with donating blood, however, you will need to be evaluated at the time of donation. Antibiotics for a current infection results in deferral until the prescription is finished. You must not have symptoms of infection at the time of donation. Antibiotics for prevention must be evaluated. On the day of donation, you will be asked to review a list of medications that result in deferral. Some deferrals include: a one month waiting period after the LAST dose of Accutane, Proscar, and Propecia. There is a three year waiting period after the LAST dose of Soriatane and a six month wait after the LAST dose of Avodart.

## NURSING MOTHERS

A nursing mother may donate six weeks after the birth of the baby.

## PIERCING - EAR/BODY

Sterile piercings are not a cause for deferral. Jewelry stores and doctors offices are locations where sterile piercing is performed.

## PREGNANCY

A woman may donate blood six weeks after the birth of the baby.

## SURGERY

If you did not receive a blood transfusion, wound is completely healed, and you are back to normal activity, you may be able to donate; otherwise specific information pertaining to your condition must be used to evaluate eligibility.