

BLOOD DONOR QUALIFICATIONS

Thank you for taking time and energy to make our world a better place. By giving blood, you're transforming the lives of many others. Our goal is to make your donation experience worthwhile and seamless while ensuring a safe blood supply for our community.

HOW CAN YOU HELP?

Please read this document. We're asking these questions now to see if you meet the basic eligibility requirements and to save you time.

- If you answer "no" to all of these questions below on the day you plan to donate, you may proceed with completing our full health history questionnaire.*
- If you answer "yes" to any of these questions below on the day you plan to donate, unfortunately we won't be able to accept your donation at that time.

**Even if you answer "no" to all questions below, there's a chance you may be ineligible to donate based on information you provide on the health history questionnaire and during the pre-donation interview.*

BEFORE YOU DONATE:

- Make sure you eat within two hours of your donation. Drink plenty of water that day and 24-48 hours beforehand.
- Feel free to help yourself to something to eat and drink in our canteen area.
- Please bring your blood donor ID card or photo ID with your full legal name.

DONORS 22 AND YOUNGER:

To ensure a safe donation experience for you, please review this entire document including our height/weight restrictions for donor eligibility on the back.



HEALTH STATUS AND AGE

- Do you weigh less than 110 pounds?
- Are you 15 years or younger?
- Are you ill or not feeling well today?



MEDICATIONS

- Are you taking antibiotics today for an active infection?
- Have you taken Accutane, Proscar or Propecia in the last month?
- Have you taken Coumadin/Warfarin in the last 7 days?



TRAVEL AND RESIDENCE ABROAD

- From 1980 through 1990 were you in Belgium, Germany, or the Netherlands as a member of the U.S. military, a civilian military employee or a dependent of a member of the U.S. military for 6 months or more?
- From 1980 through 1996 were you in Spain, Portugal, Turkey, Italy, or Greece as a member of the U.S. military, a civilian military employee or a dependent of a member of the U.S. military for 6 months or more?
- From 1980 to present have you spent time that adds up to 5 years or more in Europe?
- In the past 12 months have you spent more than 24 hours in (traveled to) any individual location outside of the U.S. or Canada?
 - If yes, did you travel to any of the countries or cities listed as a malarial risk area on the back of this page?

Like the prescreening questions on this document that reference common deferrals but not all deferrals, this table includes common malarial risk areas but it is not an all-inclusive list.

AFGHANISTAN

Any Area

AFRICA

Angola
Botswana
Burundi
Cameroon
Central African Republic
Chad
Congo
Ethiopia
Gabon
Gambia
Ghana
Ivory Coast
Kenya
Liberia
Mozambique
Niger
Nigeria
Rwanda
Senegal
Sierra Leone
Somalia
Sudan
Tanzania
Uganda
Zaire
Zambia
Zimbabwe

CAPE VERDE ISLANDS

Any Area

CHINA

Dali
Banna
Chuxiong City
Dian Lake
Jade Dragon Snow Mountain
Jinghong
Kunming
Lijiang
Nansha
New Yuanyang
Old Yuanyang
Panzhuhua
Shangri-la
Shilin
Stone Forest
Tiger Leaping Gorge
Xinje
Yunnan
Dali

CYPRUS

Agios Amvrosios
Esentepe

DOMINICAN REPUBLIC

Puerto Plata
Punta Cana
La Romana
Samana

HAITI

Any Area

HONDURAS

Bay Island
Guanja Island
Roatan Island
Utila Island

INDIA

Any Area

INDONESIA

Any Area

IRAN

Any Area

MEXICO

Chihuahua City
Copper Canyon
El Fuerte
Hidalgo del Parral
Los Mochis
Mazatlan
Nuevo Mazatlan
Nuevo Vallarta
Punta Mita
Sayulita

PANAMA

Any area east of the Panama Canal including the region of Colon

SOUTH KOREA

Any area north of Seoul, including the Demilitarized Zone (DMZ)

VENEZUELA

Any Area

Height/Weight Restrictions for Donors Age 16-22 Eligibility is Based on Estimated Total Blood Volume

Males between 16 and 22: You must be at least 5' tall and weigh at least 110 pounds.

Females between 16 and 22: If you weigh at least 110 pounds but are shorter than 5'6", please see the minimum weight required by height below (≥ means *greater than or equal to*):

Female Height	≥ 4'10"	≥ 4'11"	≥ 5'	≥ 5'1"	≥ 5'2"	≥ 5'3"	≥ 5'4"	≥ 5'5"
Female Required Weight	≥ 146	≥ 142	≥ 138	≥ 133	≥ 129	≥ 124	≥ 120	≥ 115