

# 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

**CAPE VERDE ISLANDS**

Any Area

**HAITI**

Any Area

**PANAMA**

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

**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

**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

**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

**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*):

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