

You CAN donate today if...

AGE: Individuals who are 17 years of age (16 with parental permission in some states), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. All high school students and other donors 18 years of age and younger also have to meet certain height and weight requirements for whole blood. There is no upper age limit. For more information, call or visit us online.

ALLERGIES: Donors with severe symptoms may require further evaluation.

ANEMIA, (PERNICIOUS): With or without vitamin B12 treatment, provided that you pass the "iron" (hemoglobin) test.

BLOOD PRESSURE: You have or are being treated (i.e., taking medicines) for high blood pressure (hypertension) provided that your blood pressure is at or below 180/100. Donors with a blood pressure 80/50 or lower require further evaluation and may be deferred.

BYPASS SURGERY (CABG OR CORONARY ARTERY BYPASS SURGERY): Surgery to remove blockages in the blood vessels in the heart. If the surgery was more than 6 months ago and in the past 6 months you have had no symptoms and no limitations or restrictions on normal daily activities, and did not receive blood transfusions.

CANCER: If the treatment for your cancer was completed at least one year ago and you did not have a blood cancer (leukemia or lymphoma). Note that donors who completed cancer treatments less than one year ago or who had a blood cancer cannot donate. If you have previously been deferred for cancer, please call the Red Cross. See also 'SKIN CANCER.'

SKIN CANCER: the skin cancer was diagnosed as non-melanoma skin cancer (basal cell or squamous cell skin cancer) and the cancer has been removed or fully treated.

CARDIAC STENT PLACEMENT (TO TREAT CLOGGED HEART ARTERIES): If the stent placement was more than 6 months ago and in the past 6 months you have had no symptoms and no limitations or restrictions on normal daily activity, and did not receive blood transfusions.

DIABETES: Treated by insulin, oral medications or diet is acceptable; however, check with the Red Cross if you have recently changed your medication dosage. (If you have taken Bovine or Beef Insulin, please speak to a Red Cross staff person.)

HEART ATTACK: If your heart attack was more than 6 months ago or longer and medically evaluated/treated and in the past 6 months you have had no symptoms and no limitations or restrictions on normal daily activity.

MRSA (Methicillin-Resistant Staphylococcus Aureus infection): You may donate if you have completed the prescribed treatment and have fully recovered, with no symptoms remaining.

SKIN RASH: If the skin rash is not infected and is not present in the 3-inch area around the needle insertion site.

PREVENTATIVE (PROPHYLACTIC) ANTIBIOTICS: Provided that you have no active infection and are taking the antibiotic as prevention only for any of the following conditions: acne, gum disease, prior to dental work, peptic ulcer disease, chronic bronchitis, chronic prostatitis, rosacea, ulcerative colitis, and valvular heart disease. Antibiotics taken as preventative only for other conditions may be acceptable - check with the Red Cross.

BREAST FEEDING: Six weeks after delivery.

HERPES: On or off antiviral medication, including during any active outbreak.

You MIGHT be able to donate today if...

ANIMAL BITES: From a non-primate (i.e., cat or dog), with or without broken skin, is acceptable provided the animal did not have rabies and there is no inflammation (redness) or infection. Primate (i.e., monkey) bites require a 12-month deferral if the skin was broken. Please call the Red Cross if you have any questions.

BODY OR EAR PIERCING: Piercing must be done with a sterile or single-use needle, otherwise there is a 12-month deferral. These rules are also the same for acupuncture and electrolysis. Please call the Red Cross if you have any questions.

HISTOPLASMOSIS: Is acceptable provided that the donor has been medically evaluated, treated and is fully recovered with no limitations or restrictions on normal daily activity. Please call the Red Cross if you have any questions.

LUNG DISEASE: (including asbestosis, asthma, chronic obstructive pulmonary disease (COPD), emphysema) Donors with these conditions must have no trouble breathing at the time of donation and no limitations or restrictions in normal daily activities (i.e., do not require the use of supplemental oxygen) to be eligible to donate. Donors with emphysema must have been medically evaluated, treated for the condition, and have no physical restrictions in daily activities. Please call the Red Cross if you have any questions.

LYME DISEASE: Donors who have had Lyme disease or have been vaccinated for this illness should call to discuss the situation with the Red Cross.

TATTOO WITHIN THE LAST 12 MONTHS: A tattoo is acceptable if your tattoo was applied in a regulated facility AND in a state that regulates tattoo facilities AND in a facility where only sterile, single-use needles and ink are used OR it has been 12 months or more since your tattoo was applied. A tattoo from the following states is acceptable: Alabama, Florida, Mississippi, North Carolina, South Carolina and Tennessee. Please call the Red Cross if you have any questions.

TRAVEL OUTSIDE THE UNITED STATES: Eligibility to donate due to travel outside the United States varies. We have included an attachment that you may find useful. Since the travel rules can be complex, please call the Red Cross if you have any questions.

VACCINATIONS: Eligibility following vaccination depends on the vaccine. In general there is no deferral for donors who had a flu, pneumonia (pneumococcal) or DPT (diphtheria, pertussis, tetanus) vaccination provided that they have no fever and feel well. Other vaccinations require individual assessment - please call the Red Cross if you have any questions.

MEDICATIONS: You *may* be deferred if you have taken:

Proscar	Propecia	Accutane	Sotret
Avodart	Amnestem	Claravis	Soriatane
Tegison	Insulin from Cows	Unlicensed Vaccine	Aspirin
Coumadin	Heparin	Feldene	Ticlopidine
Hepatitis B Immune Globulin		Clopidogrel	Plavix
Hormone from Human Pituitary Glands	Ticlid		

Please call for specific deferral periods for the medications above. Some of these meds require an indefinite deferral, others a temporary deferral.

You CANNOT donate today if...

COLD, FLU, SORE THROAT: with symptoms such as fever, sore throat, or productive cough.

OTHER ACTIVE INFECTION: Antibiotic treatment must be completed and you must have no symptoms.

BLOOD CLOT: In a blood vessel within the last 6 months or if the blood clot has gone to your lungs within the last 6 months.

BLOOD DISEASES: Most blood diseases are an **INDEFINITE DEFERRAL**, however, many blood disease TRAITS are acceptable. Please call to discuss your situation with the Red Cross.

BLOOD EXPOSURE: Non-sterile needlestick or blood or body fluid exposure onto an open wound or mucous membrane within the last 12 months.

BLOOD TRANSFUSION FROM ANOTHER PERSON: 12-month deferral.

CANCER: Most require a 1-year deferral from the last date of treatment. Donors with blood cancers such as leukemia and lymphoma are indefinitely deferred, as are donors who do not know the cancer type. If you have previously been deferred for cancer, please call the Red Cross. See also 'SKIN CANCER'.

HEART CONDITION: The following heart conditions result in a **six-month deferral from the date of occurrence or last symptom:** angina (chest pain), heart attack (MI or myocardial infarction), bypass surgery (CABG or coronary artery bypass graft surgery), cardiomyopathy, stent replacement, angioplasty, congestive heart failure.

VIRAL HEPATITIS: Speak with a Red Cross staff person regarding questions if you have ever had a form of hepatitis.

PREGNANT or WITHIN 6 WEEKS OF DELIVERY: 6-week deferral following the conclusion of a pregnancy in the seventh, eighth or ninth month.



Basic Donor Eligibility Guidelines

Individuals who are 17 years of age (16 with parental permission in some states), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements to donate whole blood. For more information, call or visit us online.

These guidelines are to answer frequent blood donor questions.

For additional eligibility questions, please call:

Alabama/Central Gulf Coast Region, Carolinas Region (NC & TN),
South Carolina Region or Southern Region (GA & FL):

1-866-236-3276

Areas with NO Travel Exclusions

- ~ Albania
- ~ Andorra
- ~ Anguilla
- ~ Antigua
- ~ Aruba
- ~ Australia
- ~ Austria
- ~ Azores
- ~ Bahrain
- ~ Barbados
- ~ Barbuda
- ~ Belarus
- ~ Belgium
- ~ Bermuda
- ~ Bonaire (Netherlands Antilles)
- ~ Bora-Bora (French Polynesia)
- ~ Brunei (Brunei Darussalam)
- ~ Canada
- ~ Canary Islands
- ~ Cayman Islands
- ~ Chile
- ~ Cuba
- ~ Curacao (Netherlands Antilles)
- ~ Diego Garcia (British Indian Ocean Territory)
- ~ Easter Island
- ~ Falkland Islands
- ~ Fiji
- ~ Galapagos Islands
- ~ Grenada
- ~ Guadeloupe
- ~ Guam
- ~ Israel
- ~ Japan
- ~ Jordan
- ~ Kazakhstan
- ~ Kiribati (Gilbert Islands)
- ~ Kuwait
- ~ Lebanon
- ~ Lesotho
- ~ Libya
- ~ Malta
- ~ Marshall Islands
- ~ Martinique
- ~ The following cities in Mexico
Note that rural travel between cities may be cause for deferral
- Acapulco (in Guerrero)
- Cancun (except ruins)
- Cozumel
- Guadalajara
- Mazatlan
- Mexico City
- Puerto Vallarta
- Tijuana
- Vera Cruz
- ~ Micronesia
- ~ Mongolia
- ~ Montserrat
- ~ New Caledonia
- ~ New Zealand
- ~ Northern Mariana Islands
- ~ Pacific Islands (US Trust Territory)
- ~ Palau
- ~ Puerto Rico
- ~ Qatar
- ~ Saba
- ~ Saint Croix
- ~ Saint Eustatius
- ~ Saint Helena
- ~ Saint Lucia
- ~ Saint Kitts and Nevis
- ~ Saint Martin
- ~ Saint Thomas
- ~ Saint Vincent & the Grenadines
- ~ Seychelles
- ~ Singapore
- ~ South Georgia Islands
- ~ South Sandwich Islands
- ~ Tahiti (French Polynesia)
- ~ Taiwan
- ~ Tonga
- ~ Tortola
- ~ Trinidad and Tobago
- ~ Tunisia
- ~ Turks and Caicos
- ~ Tuvalu
- ~ United Arab Emirates
- ~ Uruguay
- ~ Virgin Islands (U.S. and British)

Travel Exclusions

Please **do not** donate if you:

From January 1, 1980 through December 31, 1996:

- Spent a total time that adds up to 3 months in any country that comprises the United Kingdom.

From January 1, 1980 through December 31, 1990:

- Spent a total time of 6 months or more on or associated with a military base in Belgium, the Netherlands (Holland) or Germany as a member of the U.S. military, a military dependent or as a civilian military employee.

From January 1, 1980 through December 31, 1996:

- Spent a total time of 6 months or more on or associated with a military base in Spain, Portugal, Turkey, Italy or Greece as a member of the U.S. military, a military dependent or as a civilian military employee.

From January 1, 1980, to the present:

- Spent a total time that adds up to 5 years or more in most countries or combination of countries in Western or Eastern Europe. Time spent in the United Kingdom between January 1, 1980 and December 31, 1996 and associated with military bases, as described above, is to be added to the total time spent in Europe.
- Had a blood transfusion in the United Kingdom.

If any of these apply to you, your donation cannot currently be accepted for transfusion to others.

Because travel restrictions are complex, please discuss your travel history with a Red Cross staff member.

You would be deferred if you traveled anywhere in the following countries in the past year:

- | | | |
|-------------------------------|---|-----------------------|
| ~ Angola | ~ Ghana | ~ Sao Tome & Principe |
| ~ Benin | ~ Guinea | ~ Senegal |
| ~ Burkina Faso (Upper Volta) | ~ Guinea-Bissau | ~ Sierra Leone |
| ~ Burundi | ~ Liberia | ~ Somalia |
| ~ Comoros | ~ Madagascar | ~ Sudan |
| ~ Cote d'Ivoire (Ivory Coast) | ~ Malawi | ~ Togo |
| ~ Dem. Rep. of Congo (Zaire) | ~ Mali | ~ Uganda |
| ~ Djibouti | ~ Mayotte (French Territorial Collectivity) | ~ Vanuatu |
| ~ East Timor | ~ Mozambique | ~ Zambia |
| ~ French Guiana* | ~ Rwanda | |
| ~ Gambia | | |

*All areas except Devil's Island and other coastal islands.

Individuals who were born in, have lived, or received blood transfusions in these countries since January 1, 1977 are indefinitely deferred:

- | | |
|----------------------------|---------------------|
| ~ Cameroon | ~ Equatorial Guinea |
| ~ Central African Republic | ~ Gabon |
| ~ Chad | ~ Niger |
| ~ Congo | ~ Nigeria |

Additional travel restrictions may apply to some areas of countries not listed in this guide.

Blood & Platelet

Donor Eligibility

At-A-Glance



American Red Cross

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

1-800-GIVE-LIFE (448-3543) | redcrossblood.org

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NOTE: This document provides an overview of eligibility information for sponsors and donors only. It is not an official tool for health history screening because eligibility rules are subject to change.

To schedule an appointment, please call
1-800-GIVE-LIFE (448-3543) or visit us at redcrossblood.org
Please Bring Photo ID