



DONOR QUALIFICATIONS

General conditions to determine donor eligibility

Basic Blood Donor Requirements

- Potential donor must weigh at least **110 pounds**.
- Potential donor must be at least **17 years of age (16 years old with written parental consent)**.
- Potential donor must be in general **good health**.
- Potential donor must **not have donated blood in the last 56 days**.
- At time of donation, **donor card or photo I.D. will be required**.

Here is a *partial* list of conditions that are acceptable and those that cause deferral. **Donors who were previously deferred may be able to donate again under new criteria and/or shortened deferrals** for certain conditions. For questions about eligibility, contact the Red Cross at 1-800-GIVE-LIFE.

Allergies/Allergy Shots:	Can donate with symptoms if feeling well. No deferral for shots.
Antibiotics:	If taken for infections, may donate after last dose and if feeling well.
Asthma:	Acceptable if no difficulty breathing and no limitations on normal daily activities.
Autoimmune Disease:	(e.g. arthritis, lupus, multiple sclerosis) No longer a deferral, if donor feels well.
Birth Control Pills:	Acceptable.
Blood Transfusion:	If other than own blood, 12-month deferral.
Cancer:	Contact Red Cross counselor to determine eligibility.
Dental Work:	Teeth cleaning, scaling, and fillings acceptable if no infection and donor not on antibiotics. For other dental work, such as oral surgery, check with Red Cross counselor.
Diabetes:	If you have used bovine (beef) insulin anytime between 1980 and 1996, indefinite deferral.
Ear/Body Piercing:	Acceptable if done with sterile needles and supplies.
Heart Disease:	Medications taken for heart conditions are no longer a deferral. Donors are usually accepted if they are feeling well, have been without symptoms for at least 6 months, and have no restrictions in normal daily activities.
Hepatitis:	Acceptable if individual had unknown type of hepatitis before age 11. Indefinite deferral if known type at any age or if contracted on or after age 11.
Hepatitis Exposure:	12-month deferral after close contact with someone with hepatitis (sexual contact, needle stick, or living in same household).
Hepatitis Vaccines:	<u>For A:</u> Acceptable same day if feeling well and not given for hepatitis exposure. <u>For B:</u> 7-day deferral after receiving each dose. <u>For immune globulin:</u> 12-month deferral.
High Blood Pressure:	Will be evaluated at the time of donation. Medication will not necessarily cause deferral.
HIV / AIDS:	Indefinite deferral if you have AIDS or have ever had a positive HIV test or have participated in any activities which put you at risk for becoming infected with HIV.
Malaria:	Acceptable to donate after being completely recovered for 3 years.
Medications:	Most medications are acceptable, including aspirin. Check with the Red Cross counselor. Must know name of medications and why taking them.
Mononucleosis:	Can donate after full recovery. If yellow jaundice or hepatitis present at time of mononucleosis, indefinite deferral.
Pregnancy:	Deferral until 6 weeks after normal delivery or cesarean delivery. If mother is nursing, she is eligible 6 weeks after delivery. A shot of Rho-Gam is a 6 week deferral.
Sore Throat:	Minor sore throats acceptable. Moderate to severe sore throats will cause deferral.
Street Drugs:	Any history of taking illegal drugs by needle is an indefinite deferral.
Stroke:	Contact Red Cross counselor to determine eligibility.
Surgery:	Acceptable if donor is feeling well and the incision does not appear to be infected.
Tattoo:	12-month deferral, unless applied with sterile, single-use needles and ink in a state that regulates tattoo facilities. Donor must have knowledge that tattoo was applied by a regulated facility.
Transplants:	Must be evaluated by Red Cross counselors.
Travel Outside U.S.A.:	Criteria have changed. Previously deferred persons may have the ability to donate again. Please contact a Red Cross counselor for further evaluation. If donors are already on the deferral list, they must be removed before they will be able to donate.
Vaccinations:	<u>No deferral</u> if feeling well after vaccine for: Flu, Tetanus, Meningitis, Pneumonia, Anthrax, Lyme disease, or Injectable Typhoid. <u>2-week deferral</u> for: Oral Polio, Oral Typhoid, Red Measles (rubeola), Mumps or Yellow Fever. <u>4-week deferral</u> for: German Measles (rubella), MMR and after last vaccination for Chicken Pox. <u>Smallpox:</u> Defer for 56 days or if having symptoms after close contact with someone receiving the vaccine. Evaluation by Red Cross counselors recommended.