

Who Can Be A Blood Donor

Acceptable Donors:

- ◆ Must weigh 110 pounds or more and be at least 17 years old
- ◆ May have received the flu vaccine
- ◆ May have mild or vague cold symptoms
- ◆ May have chronic health conditions such as High Blood Pressure, Asthma, and Diabetes that are controlled with or without medication (Blood pressure must meet Red Cross criteria at the time of donation and Asthmatics must be symptom free on the day of donation)
- ◆ May be taking Antibiotics for prevention of chronic conditions such as Acne
- ◆ Skin conditions such as Psoriasis, Eczema, Poison Ivy, and Rashes are acceptable as long as the antecubital area (front side of the elbow) is clear and the medication for the condition is acceptable

Temporarily Unacceptable:

- ◆ Taking antibiotics for illness or infection must be **completed 2** days prior to donation
- ◆ Donors presenting with Flu symptoms, Vomiting, or Diarrhea should be symptom free for 24 hours before donating
- ◆ After receiving a tattoo you must wait 12 months to donate under any circumstance
- ◆ Donors who are pregnant or suspect pregnancy are ineligible and must wait 6 weeks after delivery
- ◆ After receiving a blood transfusion, organ, or tissue transplant from a donor you must wait 12 months before donating (Receiving an autologous transfusion **your own** blood or tissue has no deferral period)
- ◆ After receiving the Hepatitis B vaccine you must wait 7 days before donating. If the vaccine is given following exposure to Hepatitis you must wait 12 months to donate
- ◆ Certain medical procedures, vaccines, and medications have specific deferral periods and must be evaluated by the Red Cross at 1-800-272-2048