

Eligibility Criteria: Alphabetical

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Acupuncture

Donors who have undergone acupuncture treatments are acceptable.

Age

You must be at least 18 years old to donate to the general blood supply, or under 18 years old with parental/guardian consent, if allowed by state law. There is no upper age limit for blood donation as long as you are well with no restrictions or limitations to your activities.

In-Depth Discussion of Age and Blood Donation

Those younger than age 18 are almost always legal minors.

Persons under the age of 18 may, however, donate blood for their own use, in advance of scheduled surgery or in situations where their blood has special medical value for a particular patient such as a family member.

Allergy, Stuffy Nose, Itchy Eyes, Dry Cough

Acceptable as long as you feel well, have no fever, and have no problems breathing through your mouth.

Antibiotics

A donor with an acute infection should not donate. The reason for antibiotic use must be evaluated to determine if the donor has a bacterial infection that could be transmissible by blood.

Acceptable after finishing oral antibiotics for an infection (bacterial or viral). May have taken last pill on the date of donation. Antibiotic by injection for an infection acceptable 10 days after last injection. Acceptable if you are taking antibiotics to prevent an infection for the following reasons: acne, chronic prostatitis, peptic ulcer disease, periodontal disease,

pre-dental work, rosacea, ulcerative colitis, after a splenectomy or valvular heart disease. If you have a temperature above 37.5 °C , you may not donate.

Aspirin

Aspirin, no waiting period for donating whole blood. However you must wait 2 days (3 days if you donate in New York State) after taking aspirin or any medication containing aspirin before donating platelets by apheresis.

Asthma

Acceptable as long as you do not have any limitations on daily activities and are not having difficulty breathing at the time of donation and you otherwise feel well. Medications for asthma do not disqualify you from donating.

Birth Control

Women on oral contraceptives or using other forms of birth control are eligible to donate.

Bleeding Condition

If you have a history of bleeding problems, you will be asked additional questions. If your blood does not clot normally, you should not donate since you may have excessive bleeding where the needle was placed. For the same reason, you should not donate if you are taking any "blood thinner" such as:

Atrixa (fondaparinux)

Coumadin (warfarin)

Eliquis (apixaban)

Fragmin (dalteparin)

Heparin

Jantoven (warfarin)

Lovenox (enoxaparin)

Pradaxa (dabigatran)

Savaysa (edoxaban)

Warfilone (warfarin)

Xarelto (rivaroxaban).

If you are on aspirin, it is OK to donate whole blood. However, you must be off of aspirin for at least 2 days (3 days if you donate in New York State) in order to donate platelets by apheresis. Donors with clotting disorder from Factor V who are not on anticoagulants are eligible to donate; however, all others must be evaluated by the health historian at the collection center.

Blood Pressure, High

Acceptable as long as your blood pressure is below 180 systolic (first number) and below 100 diastolic (second number) at the time of donation. Medications for high blood pressure do not disqualify you from donating.

Blood Pressure, Low

Acceptable as long as you feel well when you come to donate, and your blood pressure is at least 90/50 (systolic/diastolic).

Cancer

Eligibility depends on the type of cancer and treatment history. If you had leukemia or lymphoma, including Hodgkin's Disease and other cancers of the blood, you are not eligible to donate. Other types of cancer are acceptable if the cancer has been treated successfully and it has been more than 12 months since treatment was completed and there has been no cancer recurrence in this time. Lower risk in-situ cancers including squamous or basal cell cancers of the skin that have been completely removed do not require a 12 month waiting period.

Precancerous conditions of the uterine cervix do not disqualify you from donation if the abnormality has been treated successfully. You should discuss your particular situation with the health historian at the time of donation.

Chronic Illnesses

Most chronic illnesses are acceptable as long as you feel well, the condition is under control, and you meet all other eligibility requirements.

Cold, Flu

Wait if you have a fever or a productive cough (bringing up phlegm). Wait if you do not feel well on the day of donation. Wait until you have completed antibiotic treatment for sinus, throat or lung infection.

Dental Procedures and Oral Surgery

Acceptable after dental procedures as long as there is no infection present. Wait until finishing antibiotics for a dental infection. Wait for 3 days after having oral surgery.

Diabetes

Diabetics who are well controlled on insulin or oral medications are eligible to donate.

Donation Intervals

Wait at least 8 weeks between whole blood (standard) donations.

Wait at least 7 days between platelet (pheresis) donations.

Wait at least 16 weeks between Power Red (automated) donations.

Heart Disease

In general , acceptable as long as you have been medically evaluated and treated, have no current (within the last 6 months) heart related symptoms such as chest pain and have no limitations or restrictions on your normal daily activities.

Wait at least 6 months following an episode of angina.

Wait at least 6 months following a heart attack.

Wait at least 6 months after bypass surgery or angioplasty.

Wait at least 6 months after a change in your heart condition that resulted in a change to your medications.

If you have a pacemaker, you may donate as long as your pulse is between 50 and 100 beats per minute and you meet the other heart disease criteria. You should discuss your particular situation with your personal healthcare provider and the health historian at the time of donation

Heart Murmur, Heart Valve Disorder

Acceptable if you have a heart murmur as long as you have been medically evaluated and treated and have not had symptoms in the last 6 months, and have no restrictions on your normal daily activities.

Height and Weight Requirements


Female Donors

Female donors who are 18 years old and younger must weigh 110 lbs. or more, depending on their height. See chart below:

	If You Are	4'10"	4'11"	5'	5'1"	5'2"	5'3"	5'4"	5'5"	5'6" or taller
	You must weigh at least	146	142	138	133	129	124	120	138	110

Male Donors

Male donors who are 18 years old and younger must weigh 110 lbs. or more, depending on their height. See chart below:

	If You Are	4'10"	4'11"	5' or taller
	You must weigh at least	118	114	110

Hemoglobin, Hematocrit, Blood Count

In order to donate blood, a woman must have a hemoglobin level of at least 12.5 g/dL, and a man must have a hemoglobin level of at least 13.0 g/dL. For all donors, the hemoglobin level can be no greater than 20 g/dL. Separate requirements for hemoglobin level apply for Power Red.

Hepatitis, Jaundice

If you have signs or symptoms of hepatitis (inflammation of the liver) caused by a virus, or unexplained jaundice (yellow discoloration of the skin), you are not eligible to donate blood.

If you ever tested positive for hepatitis B or hepatitis C, at any age, you are not eligible to donate, even if you were never sick or jaundiced from the infection.

Hepatitis Exposure

If you live with or have had sexual contact with a person who has hepatitis, you must wait 12 months after the last contact.

Persons who have been detained or incarcerated in a facility (juvenile detention, lockup, jail, or prison) for more than 72 consecutive hours (3 days) are deferred for 12 months from the date of last occurrence. This includes work release programs and weekend incarceration. These persons are at higher risk for exposure to infectious diseases.

Wait 12 months after receiving a blood transfusion (unless it was your own "autologous" blood), non-sterile needle stick or exposure to someone else's blood.

HIV, AIDS

You should not give blood if you have AIDS or have ever had a positive HIV test, or if you have done something that puts you at risk for becoming infected with HIV.

You are at risk for getting infected if you:

have ever used needles to take any drugs, steroids, or anything not prescribed by your

doctor

are a male who has had sexual contact with another male, in the last 12 months

have ever taken money, drugs or other payment for sex

have had sexual contact in the past 12 months with anyone described above

You should not give blood if you have any of the following conditions that can be signs or symptoms of HIV/AIDS

Fever

Enlarged lymph glands

Sore throat

Rash

[Hormone Replacement Therapy \(HRT\)](#)

Women on hormone replacement therapy for menopausal symptoms and prevention of osteoporosis are eligible to donate.

[Hypertension, High Blood Pressure](#)

See High Blood Pressure section above.

[Immunization, Vaccination](#)

Acceptable if you were vaccinated for influenza, tetanus or meningitis, providing you are symptom-free and fever-free. Includes the Tdap vaccine. Acceptable if you received an HPV Vaccine (example, Gardasil).

Wait 4 weeks after immunizations for German Measles (Rubella), MMR (Measles, Mumps and Rubella), Chicken Pox and Shingles.

Wait 2 weeks after immunizations for Red Measles (Rubeola), Mumps, Polio (by mouth), and Yellow Fever vaccine.

Wait 21 days after immunization for hepatitis B as long as you are not given the immunization for exposure to hepatitis B.

Smallpox vaccination and did not develop complications Wait 8 weeks (56 days) from the date of having a smallpox vaccination as long as you have had no complications.

Complications may include skin reactions beyond the vaccination site or general illness related to the vaccination.

Smallpox vaccination and developed complications Wait 14 days after all vaccine complications have resolved or 8 weeks (56 days) from the date of having had the smallpox

vaccination whichever is the longer period of time. You should discuss your particular situation with the health historian at the time of donation. Complications may include skin reactions beyond the vaccination site or general illness related to the vaccination.

Smallpox vaccination – close contact with someone who has had the smallpox vaccine in the last eight weeks and you did not develop any skin lesions or other symptoms. Eligible to donate.

Smallpox vaccination – close contact with someone who has had the vaccine in the last eight weeks and you have since developed skin lesions or symptoms. Wait 8 weeks (56 days) from the date of the first skin lesion or sore. You should discuss your particular situation with the health historian at the time of donation. Complications may include skin reactions or general illness related to the exposure.

Infections

If you have a fever or an active infection, wait until the infection has resolved completely before donating blood.

Wait until finished taking antibiotics for an infection (bacterial or viral). Wait 10 days after the last antibiotic injection for an infection.

Those who have had infections with Chagas Disease, Babesiosis or Leishmaniasis are not eligible to donate.

See: Antibiotics, Hepatitis, HIV, Syphilis/Gonorrhea, and Tuberculosis.

Organ/Tissue Transplants

Wait 12 months after receiving any type of organ transplant from another person. If you ever received a dura mater (brain covering) transplant, you are not eligible to donate. This requirement is related to concerns about the brain disease, Creutzfeld-Jacob Disease (CJD).

Piercing (ears, body), Electrolysis

Acceptable as long as the instruments used were single-use equipment. Wait 12 months if a piercing was performed using a reusable gun or any reusable instrument.

Wait 12 months if there is any question whether or not the instruments used were single-use equipment. . This requirement is related to concerns about hepatitis.

Pregnancy, Nursing

Persons who are pregnant are not eligible to donate. Wait 6 weeks after giving birth.

Sexually Transmitted Disease

Wait 12 months after treatment for syphilis or gonorrhea.

Acceptable if it has been more than 12 months since you completed treatment for syphilis or gonorrhea.

Chlamydia, venereal warts (human papilloma virus), or genital herpes are not a cause for deferral if you are feeling healthy and well and meet all other eligibility requirements.

Sickle Cell

Acceptable if you have sickle cell trait. Those with sickle cell disease are not eligible to donate.

Skin Disease, Rash, Acne

Acceptable as long as the skin over the vein to be used to collect blood is not affected. If the skin disease has become infected, wait until the infection has cleared before donating. Taking antibiotics to control acne does not disqualify you from donating.

Surgery

It is not necessarily surgery but the underlying condition that precipitated the surgery that requires evaluation before donation. Evaluation is on a case by case basis. You should discuss your particular situation with the health historian at the time of donation.

Syphilis/Gonorrhea

Wait 12 months after being treated for syphilis or gonorrhea.

Tattoo

Wait 12 months after a tattoo if the tattoo was applied in a state that does not regulate tattoo facilities.

Tuberculosis

If you have active tuberculosis or are being treated for active tuberculosis you should not

donate. Acceptable if you have a positive skin test or blood test, but no active tuberculosis and are NOT taking antibiotics. If you are receiving antibiotics for a positive TB skin test or blood test only or if you are being treated for a tuberculosis infection, wait until treatment is successfully completed before donating.

OTHER IMPORTANT INFORMATION

Proof of Age

Donors must have proof of age to ensure they meet the minimum age requirements and present either a primary form of ID or two secondary forms of ID.

Primary Form of ID

The donor needs either an American Red Cross donor ID (preferred) or an acceptable primary picture ID such as:

- Driver's license
- Immigration and Naturalization Service card (green card)
- State ID
- Employee ID
- Passport
- Student ID
- Military ID

Secondary Form of ID

When a primary form of ID is not available, the donor needs two secondary forms of ID such as:

- Student ID (without a photo)
- Driver's license without a photo
- Credit card or bank card
- Employee ID (without a photo)
- Birth certificate (original or certified copy)
- Personal checkbook with name and address
- Social Security card
- Voter registration card
- Payroll stub
- Vehicle registration
- Fishing or hunting license

Grocery store frequent shopper card or VIP card
Club or museum membership card
Library card with donor's name
Professional license (such as: RN, LPN or MT)
Selective Service card
Insurance card

Reference : <https://www.redcrossblood.org>