

Eligibility requirements

To donate whole blood, plasma, or platelets, you must fit one of the following categories:

- Should be in good health and at least 16 or 17 years old, depending on your state's minimum age restrictions.
- Some states allow legal minors to participate with their parents' permission.
- There isn't a defined legal upper age limit, however various donation facilities may have varying rules.
- Minimum weight criteria for blood donations range from 110 pounds (approximately 50 kilogrammes) to being able to pass the health history and physical tests.

Due to the danger of bloodborne infections, not everyone is allowed to donate blood. People who fall under the following categories cannot donate blood:

- Those who have tested positive for HIV.
- Those who have used steroids, injectable drugs, or other substances without a doctor's prescription in the past three months .
- Those with a congenital lack of coagulation factor.
- Those who have lived with or had sexual contact with someone who has viral hepatitis within the previous year.

