

## **Age**

You are aged between 18 and 65.

\* In some countries national legislation permits 16–17 year-olds to donate provided that they fulfil the physical and hematological criteria required and that appropriate consent is obtained.

\* In some countries, regular donors over the age of 65 may be accepted at the discretion of the responsible physician. The upper age limit in some countries are 60.

## **Weight**

You weigh at least 50 kg.

\* In some countries, donors of whole blood donations should weigh at least 45 kg to donate 350 ml  $\pm$  10%.

## **Health**

You must be in good health at the time you donate.

You cannot donate if you have a cold, flu, sore throat, cold sore, stomach bug or any other infection.

If you have recently had a tattoo or body piercing you cannot donate for 6 months from the date of the procedure. If the body piercing was performed by a registered health professional and any inflammation has settled completely, you can donate blood after 12 hours.

If you have visited the dentist for a minor procedure you must wait 24 hours before donating; for major work wait a month.

You must not donate blood If you do not meet the minimum hemoglobin level for blood donation

\* A test will be administered at the donation site. In many countries, a hemoglobin level of not less than 12.0 g/dl for females and not less than 13.0 g/dl for males as the threshold.

## **Travel**

Travel to areas where mosquito-borne infections are endemic, e.g. malaria, dengue and Zika virus infections, may result in a temporary deferral.

Many countries also implemented the policy to defer blood donors with a history of travel or residence for defined cumulative exposure periods in specified countries or areas, as a measure to reduce the risk of transmitting variant Creutzfeldt-Jakob Disease (vCJD) by blood transfusion.

## **Behaviors**

You must not give blood:

If you engaged in “at risk” sexual activity in the past 12 months

Individuals with behaviors below will be deferred permanently:

Have ever had a positive test for HIV (AIDS virus)

Have ever injected recreational drugs.

\* In the national blood donor selection guidelines, there are more behavior eligibility criteria. Criteria could be different in different countries.

## **Pregnancy and breastfeeding**

Following pregnancy, the deferral period should last as many months as the duration of the pregnancy.

It is not advisable to donate blood while breast-feeding. Following childbirth, the deferral period is at least 9 months (as for pregnancy) and until 3 months after your baby is significantly weaned (i.e. getting most of his/her nutrition from solids or bottle feeding).