

Ready to Save a Life?

Find out if you're eligible to donate



With every blood donation you make, you save lives. By donating, you share your health and vitality with someone who needs it. The following list will determine your eligibility to donate blood.

ID: All donors are required to provide an acceptable form of ID to be eligible to donate blood. The preferred forms are: the new Red Cross donor card with a barcode, a valid driver's license or a government issued picture ID.

Infections/Colds: Not if you have any active infection such as a cold or the flu.

Medications: Most medications are acceptable. It is the illness for which the medication is given that could be a problem. Antibiotics are acceptable after the full course of the medication is complete and you are symptom free.

Dental Work: Not if you have an abscess or infection. If you've had oral surgery, you must wait 3 days before donating.

Immunization: Most immunizations have no waiting period, except for the following:

- **Hepatitis B:** 7-day deferral from date of injection if there is no hepatitis exposure.
- **Rubeola (red measles), mumps, oral typhoid, yellow fever, and Sabin polio (oral):** you can donate 2 weeks after the vaccination.
- **German measles, MMR (measles, mumps and rubella) and chicken pox vaccine:** you can donate 4 weeks after vaccination.
- **Routine military vaccinations and smallpox vaccine:** Acceptable after 8 weeks (unless specific vaccinations are known).

Surgery: As a donor, you're usually accepted after your stitches or staples are removed, the wound has healed and you've returned to normal activities. If you have received a blood transfusion, you must wait 12 months before donating.

High Blood Pressure: You can donate if it is controlled. We will check your blood pressure before you donate to make sure you're eligible.

Cancer: Most types of cancer have a waiting period of 5 years after your treatment (including chemotherapy) is concluded. Skin cancer (basal & squamous cell) is acceptable after treatment is complete.

Piercing: You can donate if your ear piercing, body piercing, electrolysis or acupuncture was done with sterile needles that have not been dipped in a numbing solution.

Tattoo: There is a 12-month waiting period after getting a tattoo.

Diabetes: Eligible to donate if blood sugar is controlled with diet, oral medication, or most insulin.

Heart Disease: Many cardiac conditions are acceptable, even those requiring medication, provided there are no symptoms. Chest pain or physical restrictions will prohibit you from donating.

Malaria: If you have lived in a malarial area for 5 years or more, you are deferred for 3 years from the date you left the area. If you have traveled to a malarial area, please ask the nurse for specific destinations.

Travel - "Mad Cow"/vCJD: Criteria has recently changed. You can donate if you have spent less than a cumulative time of:

- 5 years (used to be 6 months) in Europe and Turkey beginning January 1, 1980 to present.
- 3 months in the United Kingdom from January 1, 1980 through December 31, 1996 – Travel after 12/31/96 to the United Kingdom is accepted.
- 6 months as a member of the US military, living on or associated with a military base in any of the following areas during the specified time frames:
- From 1980 through 1990 – Belgium, the Netherlands (Holland) or Germany.
- From 1980 through 1996 – Spain, Portugal, Turkey, Italy or Greece.

Donors who were deferred in the past for United Kingdom and European travel may now be eligible to donate. Please check periodically with your donor representative to determine eligibility.

Pregnancy: You are ineligible during pregnancy. You may donate 6 weeks after delivery. Nursing mothers may also donate 6 weeks after delivery.

Viral Hepatitis: If you have been diagnosed with Hepatitis B or C you are ineligible to be a blood donor. If you have had Hepatitis A, please talk to a nurse about eligibility.

To learn more about donating blood or to schedule a donation appointment, please call 1-800-GIVELIFE or visit www.givelife.org.



Your Blood Donation Saves Lives!
Learn more about your donation

American Red Cross



Thank you for your interest in donating the gift of life. Giving blood is quick, easy, and safe. Please read over this explanation of the donation process before scheduling your appointment.

Why should I donate?

Just one donation could help save up to three lives. Your blood donation ensures that when blood is needed – for cancer treatments, surgeries or injuries – it will be there. The need for blood is ongoing and is always greater than the available supply. This puts our loved ones who need blood at risk. By becoming a blood donor, you help increase the local supply. Your donation does make a difference.

Who can donate?

To donate you must be 17 years of age, weigh at least 110 pounds and in general good health. There is no upper age limit.

How long does the process take?

The entire process from registration to refreshments takes about one hour. Before donating, you will go through registration, health history questions and a mini-physical. During the physical, your temperature, pulse and blood pressure will be checked. Then a drop of blood will be taken from your finger and tested to make sure you have enough iron-carrying red blood cells to safely donate blood.

Why do you need a health history?

At the time of donation, the donor's confidential answers to health-history questions determine if collection is safe for the donor and if the donor has a disease that could affect the blood's quality.

What should I do before donating?

To make your donation a good experience, be sure you eat a balanced meal and drink plenty of juice or water at least two hours before donating.

How much blood is taken when I donate?

One unit of blood equals approximately one pint. As a general rule, adults have 10–12 pints in their body.

How long does it take to replenish the blood I've donated?

Your body restores red cells in two to four weeks; plasma in about 24 hours; platelets in about 72 hours.

As a donor, what is my risk of infection?

Strict sterile guidelines are adhered to and you cannot contract HIV/AIDS through blood donation.

How often can I donate?

You can safely donate blood every 56 days – or as many as six times a year.

What happens to my blood after it's collected?

Your donation is sent to the American Red Cross Blood Services in Detroit where it undergoes testing for infectious diseases. It is then separated into three vital blood products: red cells, platelets and plasma.

What are red blood cells?

Red cells deliver oxygen throughout your body and can benefit surgery patients.

What are platelets?

The platelets in your blood stop or prevent bleeding. Cancer patients and those undergoing heart surgeries need platelets to prevent hemorrhaging. Platelet donations can be scheduled at a donor center.

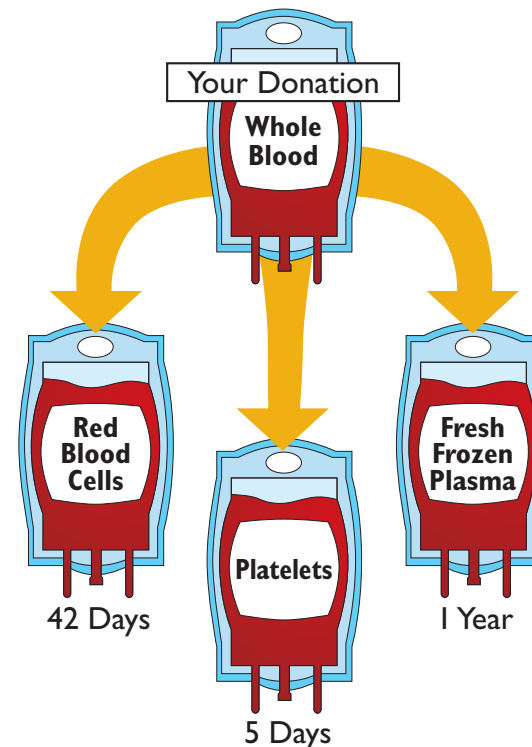
What is plasma?

Plasma carries blood cells and aids patients with burns, shock, dehydration or hemophilia.

Where does my donation go and how long can it be stored?

A whole blood donation consists of:

- Red blood cells which can be stored for up to 42 days
- Platelets which can be stored for up to 5 days
- Fresh frozen plasma which can be stored for up to 1 year



Donate blood three different ways... the choice is yours.

Donate Blood

Just one donation could help save up to three lives. Your donation can be separated into red cells, platelets, and plasma to help patients in need. You must be at least 17 years old, weigh a minimum of 110 lbs. and be in general good health to donate.

Donate Double Red Cells

You can give two units of red blood cells in only one visit to the donor center using this special process. Donating blood this way can double the life-saving effect for trauma victims, patients undergoing heart surgery and organ transplants, mothers and newborn babies who suffer complications. Men must weigh at least 150 lbs. and be 5'11"; women must weigh 175 lbs. or more and be at least 5'5".

Donate Platelets

The platelets in your blood stop or prevent bleeding. Platelet donations are needed to help patients undergoing cancer treatment, heart surgery and burn treatment. Platelet donations can be scheduled at a donor center. Donors must weigh at least 110 lbs. and be in general good health.

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