

ready. set. donate.



saving lives
starts with you.

DONATE BLOOD

Note:

*Deferrals and information listed
not exhaustive, all inclusive
and/or may have
additional exceptions .*

*Contact your local ASBP
donor center for additional
eligibility and deferral
information or concerns.*

CAN I DONATE?



COVID-19 Questions:

- Tested *positive* for COVID-19 in last 10 days?
- *Symptomatic* for COVID-19 in last 10 days?
- Currently have symptoms that include: fever, cough, shortness of breath, have experienced mild to severe respiratory illness?

***If any of these apply,
please do not donate blood at this time.***



General Eligibility

- 17 or older
- Weigh 116 pounds or more*
- Be free of cold/flu symptoms for at least 3 days



Common Medical Deferral Questions:

- **Tattoos or Permanent Makeup:**
 - 7-day wait: Majority of U.S. states (regulated)
 - 3-month wait: Overseas or the following states/areas (unregulated): District of Columbia, Georgia, Idaho, Maryland, Massachusetts, New Hampshire, New York, Pennsylvania, Utah, Wyoming.
- **Medications:** In general, most are acceptable with *no deferral* including aspirin, blood pressure or cholesterol medications, birth control, antidepressants, pain medications, etc.
 - If you are taking antibiotics for an infection, you must wait to donate *72 hours after your last dose.*
- **Vaccinations:**
 - 4-week wait: MMR or Varicella vaccination.
 - 14-day wait: COVID-19 vaccination (Pfizer, Moderna, or Johnson) or booster.
 - 3-day wait: Influenza vaccination
 - No wait: Smallpox or monkeypox vaccination



Common Travel Deferral Questions:

- **3 month wait:** Donors who have been to Afghanistan, Djibouti or Niger or other malaria-risk areas.
- **3 month wait:** Donors who traveled north of Seoul for more than 24 hours. Those who were south of Seoul, Korea have *no wait time/deferral.*
- **No wait:** Donors who have been to Kuwait, Qatar or Morocco.
- **No wait:** Those previously deferred for vCJD or "Mad Cow" are now qualified to donate (deferral has been lifted).

*** Weight eligibility can vary based on type of product donating.**