



Blood Donor Guidelines

To qualify, donors must meet all the following standards:

- ◆ Be at least 17 years old (no upper limit), healthy, feel well on day of donation
- ◆ Weigh at least 110 pounds.
- ◆ No dental surgery within 72 hours prior to donation.
- ◆ Not currently taking antibiotics for an infection. Acne treatment is OK.
- ◆ Not taking the medications Accutane, Proscar or Propecia in the past 30 days.
- ◆ No travel to a malaria area in the past 12 months.
- ◆ No tattoos, permanent make-up or needle sticks in the past 12 months.
- ◆ Ear and body piercing OK if done with sterile, single-use needles. 12-month deferral if other methods used.
- ◆ Cancer-free during the last five years. OK if treated for localized skin cancer.
- ◆ Never used intravenous drugs.
- ◆ No history of hepatitis after the age of 11. No close contact in the past 12 months with someone who has hepatitis.
- ◆ No history of HIV (AIDS).
- ◆ Cannot donate if you have:
 - Spent a combined total of 3 months or more in the United Kingdom from 1980 -1996.
 - Spent a combined total of 5 years or more in Europe from 1980 - the present (including time spent in the UK from 1980-1996).
 - Resided on a US military base in Europe for 6 months or more from 1980-1996.
- ◆ Male donors must not have had sex with another male (even once) since 1977.

Prior to your donation, be sure to have something to eat and extra water to drink!

**If you have any questions about your eligibility to donate,
please call (310) 423 - 5346**