

# Someone's *life* depends on *YOU*.

## Can I give blood?

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### General health requirements

To donate blood, you must:

- Be at least age 16. Written parental consent is required for 16 year olds to donate blood.
- Be in general good health.
- Be off any antibiotic medication for 24 hours.
- Wait fourteen days after donating platelets before giving whole blood.
- Wait one year after receiving a blood transfusion.
- Wait until you are feeling well if you have had a cold, flu, sore throat or fever.
- Wait one year if you have visited or lived in a malaria zone.
- Wait three years if you emigrated from a country with malaria-endemic areas.
- Wait six weeks after having a baby, or one year if the delivery required a blood transfusion.
- Wait one year after you have completed treatment for syphilis or gonorrhea. You may donate if you are being treated for chlamydia, genital herpes, trichomoniasis, or venereal warts.
- If you have gotten a tattoo, you may donate if disposable ink and disposable needles were used. If not, wait one year.
- If you had an ear or skin piercing with a disposable needle or piercing gun, you may donate. If not, wait one year.

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### General health

Most medical conditions are acceptable for blood donation. Heart, lung, cancer and bleeding disorders can be evaluated prior to blood donation by calling our Customer Service Advocate at (804) 213-4214 or (800) 989-2201.

### Vital Signs/Mini Physical Requirements:

Blood pressure	Minimum	90/50
	Maximum	180/100
Temperature	Maximum	99.5
Weight	Minimum	110 pounds
Pulse	Minimum	50
	Maximum	100
Hemoglobin/ Hematocrit	Minimum	12.5/38
	Maximum	19/58

