

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

Lifestyles

People who have had a body or skin piercing performed with disposable equipment may donate blood.

People who have had a tattoo may donate blood if disposable needles and single-use ink were used.

The following groups of people are at risk for HIV or hepatitis infections and must NOT donate blood:

- Past or present users of intravenous (IV) drugs not prescribed by a physician.
- Any man who has had sexual contact with another man, even once, since 1977.
- People with hemophilia or related clotting disorders who have received clotting factor concentrates.
- People who have accepted money or drugs for sex since 1977.
- People who have been treated for syphilis or gonorrhea in the past 12 months.
- People who have had sexual contact with people in any of the above categories in the past 12 months.
- People who have been incarcerated in a jail or prison for 72 consecutive hours.
- People who have received a blood transfusion in the past 12 months.
- People who have tested positive for the HIV (AIDS) virus.
- Anyone having the following signs or symptoms of AIDS:
 - Fever >100.5° F for > 10 days
 - Persistent diarrhea
 - Unexplained weight loss
 - Unexplained night sweats
 - Swollen lymph nodes
 - Persistent cough or shortness breath
 - White spots or unusual blemishes in the mouth
 - Blue/purple spots typical of Kaposi's sarcoma on or under the skin or mucous membranes

If you have any questions about donating blood, please do not hesitate to contact our Customer Service Advocate at (804) 213-4214 or (800) 989-2201.