

Are you 16 through 22 years old?

What you need to know about the NEW requirements for donating blood:

THE FACTS

- To donate blood, donors must weigh at least 110 pounds.
- Blood volume is determined by height and weight.
- Donors with lower volumes may not be able to tolerate the removal of the required volume of blood given with a whole blood donation.

WHO NEEDS TO KNOW?

- Donors 16-22 (up to your 23rd birthday).
- Specifically females under 5'6" and males under 5' (see charts below).

What if I meet the requirements?

- You can donate blood every 56 days.
- Make sure you eat a meal and drink plenty of fluids before donating.

Males 16 through 22 years old

If you are	4'10"	4'11"	≥5'
You must weigh at least (lbs.)	120	115	110

Females 16 through 22 years old

If you are	4'10"	4'11"	5'	5'1"	5'2"	5'3"	5'4"	5'5"	≥5'6"
You must weigh at least (lbs.)	146	141	138	133	129	124	118	115	110

Virginia Blood Services appreciates the efforts of all volunteer donors in providing a safe and sufficient blood supply. If you have any questions, please contact our VBS customer service advocate at 800-989-2201.

