

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

---

## Travel

### Malaria risk

Because the list of the ongoing malaria-endemic areas is being updated frequently by the Centers for Disease Control (CDC), it is impossible to list every area. Guidelines that will help expedite your donation process are:

- *Bring a list of your exact areas of travel with you when you come to donate blood.* Often it's not the entire country that is at risk for malaria, just certain areas of it. Knowing exactly where you travel is essential.
- *Know when you returned to the United States.* If you traveled to a malaria-endemic area and stayed for less than six months, there is a 12-month deferral period for blood donation. The 12-month clock starts ticking the day you return to the United States.

### Creutzfeldt-Jacob Disease aka "CJD" aka "Mad Cow Disease"

If you spent three or more months in the United Kingdom between 1980 and 1996, you cannot donate blood. The U.K. is described as **England, Northern Ireland, Scotland, Wales, the Isle of Man, the Channel Islands, Gibraltar and the Falkland Islands.**

If you spent five or more years in Europe since 1980, you cannot donate blood. Europe is described as **Albania, Austria, Belgium, Bosnia-Herzegovina, Bulgaria, Croatia, Czech Republic, Denmark, Finland, France, Germany, Greece, Hungary, Republic of Ireland, Italy, Liechtenstein, Luxembourg, Macedonia, Netherlands, Norway, Poland, Portugal, Romania, Slovak Republic, Slovenia, Spain, Sweden, Switzerland, United Kingdom and Federal Republic of Yugoslavia.**



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

---

## **U. S. military personnel and their dependents**

Military personnel and their dependents who spent a total of six or more months associated with a military base in the following countries during the following time periods cannot donate blood:

|   |                          |
|---|--------------------------|
| <b>Belgium, the Netherlands or Germany</b>      | <b>1980 through 1990</b> |
| <b>Spain, Portugal, Turkey, Italy or Greece</b> | <b>1980 through 1996</b> |

U. S. military personnel stationed on ships off the coast of any of the above countries may donate blood as long as they did not spend a total of six or more months during the time periods listed above.

*If you have any questions about donating blood and your eligibility, please do not hesitate to contact our Customer Service Advocate at (804) 213-4214 or (800) 989-2201. Your comfort and well-being are important to us.*

