



IT ONLY TAKES **One**

TO CHANGE LIVES.
TO SAVE LIVES.
DONATE BLOOD.

Note:
Deferrals and information listed are not exhaustive nor all inclusive and/or may have additional exceptions .

Contact your local ASBP donor center for additional eligibility and deferral information or concerns.

CAN I DONATE?



COVID-19 Questions:

- Tested *positive* for COVID-19 in last 10 days?
- *Symptomatic* for COVID-19 in last 10 days?
- Currently have symptoms that include: fever, cough, shortness of breath, have experienced mild to severe respiratory illness?

If any of these apply, please do not donate blood at this time.



General Eligibility

- 17 or older*
- Weigh 116 pounds or more*
- Be free of cold/flu symptoms for at least 3 days



Common Medical Deferrals:

- **Tattoos or Permanent Makeup:**
 - 7-day wait: Majority of U.S. states (regulated)
 - 3-month wait: Overseas or the following states/areas (unregulated): District of Columbia, Georgia, Idaho, Maryland, Massachusetts, New Hampshire, New York, Pennsylvania, Utah, Wyoming, U.S. Virgin Islands, Puerto Rico.
- **Medications:** In general, most are acceptable with *no deferral* including aspirin, blood pressure or cholesterol medications, birth control, antidepressants, pain medications, etc.
 - If you are taking antibiotics for an infection, you must wait to donate *72 hours after your last dose*.
 - Oral PrEP/PEP (3-month deferral), Injectable PrEP/PEP (2-year deferral) and acne treatment (1 month deferral).
- **Vaccinations:**
 - MMR or Varicella vaccination: Four-week deferral.
 - COVID-19 vaccination (Pfizer, Moderna, or Johnson) or booster: No deferral.
 - Influenza vaccination: No deferral unless symptomatic (deferred 3 days if so)



Common Travel Deferrals:

- **3 month wait:** Donors who have been to Djibouti and Niger or other malaria-risk areas. Note: Afghanistan, Costa Rica, Saudi Arabia, Mexico, Dominican Republic, Seoul have exposure risk in specific regions of the country or at certain times of the year.
- **3 month wait:** Donors who traveled north of Seoul for more than 24 hours.
- **NO WAIT:** Those previously deferred for vCJD or “Mad Cow” are now eligible (deferral has been lifted).

**** Weight or age eligibility can vary based on type of product donating and location.***