Blood Donor Qualifications

Thank you for taking time and energy to make our world a better place. By giving blood, you're transforming the lives of many others. Our goal is to make your donation experience worthwhile and seamless while ensuring a safe blood supply for our community.

How can you help?

Please read this document. We're asking these questions now to see if you meet the basic eligibility requirements and to save you time.

- If you answer "no" to all of the questions below on the day you plan to donate, you may proceed with completing our full health history questionnaire.*
- If you answer "yes" to any of the questions below on the day you plan to donate, unfortunately we won't be able to accept your donation at that time.

**Even if you answer "no" to all questions below, there's a chance you may be ineligible to donate based on information you provide on the health history questionnaire and during the pre-donation interview.*

Before you donate:

- Make sure you eat within two hours of your donation. Drink plenty of water that day and 24-48 hours beforehand.
- Please bring your blood donor ID card or photo ID with your full legal name.
- Vitalant respects that some donors identify with a gender that is different than their sex assigned at birth. You may be asked both your sex assigned at birth and gender identity so that we may ask the appropriate health history questions required to ensure patient safety.
- For donors age 22 or younger: To ensure a safe donation experience for you, please also review our height/weight eligibility restrictions on the back of this document.

Health Status and age

- Do you weigh less than 110 pounds?
- Are you 15 years or younger?
- Are you ill or not feeling well today?

Medications

- Are you taking antibiotics today for an active infection?
- Have you taken Accutane, Proscar or Propecia in the last month?
- Have you taken Coumadin/Warfarin in the last 7 days?

Travel and Residence Abroad

- From 1980 through 1990 were you in Belgium, Germany or the Netherlands as a member of the U.S. military, a civilian military employee or a dependent of a member of the U.S. military for 6 months or more?
- From 1980 through 1996 were you in Spain, Portugal, Turkey, Italy or Greece as a member of the U.S. military, a civilian military employee or a dependent of a member of the U.S. military for 6 months or more?
- From 1980 to present have you spent time that adds up to 5 years or more in Europe?
- In the past 12 months have you spent more than 24 hours in (traveled to) any individual location outside of the U.S. or Canada?
  - If yes, did you travel to any of the countries or cities listed as a malarial risk area on the back of this page?

This table lists common malarial risk areas (including popular travel destinations) but it is not an all-inclusive list. It is routinely updated; however, please check with our staff if an area you recently traveled to is not listed below.

NOTE: Blood donation deferral for travel to these and other malarial risk areas is temporary (12 months from travel date). Donors who are deferred for travel to malarial areas may be eligible to donate Source Plasma (applicable to Northern California donation centers only).

Mexico

Certain locations within Mexico (including cities, areas within states and entire states) are malarial risk areas.

Copper Canyon Area
State of Chiapas
State of Chihuahua

Dominican Republic

Certain provinces and popular areas are malarial risk areas.

Monte Cristi
Punta Cana
Casa de Campo
East National Park
Bahia de las Aguilas
Jaragua National Park

Malaria Endemic Countries

Each country (in its entirety) is a malarial risk area.

Angola
Benin (Dahomey)
Burkina Fasso (Upper Volta)
Burundi
Cameroon
Central African Republic
Chad
Comoros
Congo
Dijibouti
Equatorial Guinea
Gabon
Gambia
Ghana
Guinea
Guinea-Bissau
Haiti
Ivory Coast
Liberia
Malawi
Mali
Mozambique
New Hebrides (Vanuata)
Niger
Nigeria
Rwanda
Sao Tome & Principe
Senegal
Sierra Leone
Solomon Islands
Somalia
South Sudan
Sudan
Togo
Uganda
Zaire
Zambia
Zimbabwe (Rhodesia)

Height/Weight Restrictions for Donors Age 16-22
Eligibility is Based on Estimated Total Blood Volume

Males between 16 and 22: You must be at least 5' tall and weigh at least 110 pounds.
Females between 16 and 22: If you weigh at least 110 pounds but are shorter than 5'6", please see the minimum weight required by height below:

Female Height	≥ 4'10"	≥ 4'11"	≥ 5'	≥ 5'1"	≥ 5'2"	≥ 5'3"	≥ 5'4"	≥ 5'5"
Female Required Weight	≥ 146	≥ 142	≥ 138	≥ 133	≥ 129	≥ 124	≥ 120	≥ 115