



IT ONLY TAKES

One

TO CHANGE LIVES.
TO SAVE LIVES.
DONATE BLOOD.

CAN I DONATE?

NOTE:

*This information addresses
the most common
eligibility & deferral information.*

*Please contact ASBP-Europe
for additional information
or specific questions.*

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COVID-19 Questions:

- Tested *positive* for COVID-19 in *past 10 days*?
- *Symptomatic* for COVID-19 in *past 10 days*?
- Currently experiencing: fever, cough, shortness of breath, mild to severe respiratory illness?

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



General Eligibility

- 18 or older.
- Min. weight for *Whole Blood Donors*: 116lbs/53kg.
- Min. weight for *Platelet/Plasma Donors*: 110 lbs/50kg.
- Be free of cold/flu symptoms for at least 3 days.
- Must read & write English at approx. B2 level.
- *Platelet/Plasma Donors*: no history of pregnancy or completed HLA blood test w/negative results (call for info).



Common Medical Deferrals

Tattoos or Permanent Makeup:

- 3-month wait if done outside the U.S. or in the following locations (unregulated by the FDA): District of Columbia, Georgia, Idaho, Maryland, Massachusetts, New Hampshire, New York, Pennsylvania, Utah, Wyoming, U.S. Virgin Islands, Puerto Rico.
- 7-day wait from all other U.S. States (regulated by FDA).

Medications:

- Antibiotics require a 72-hour wait after last dose.
- *Platelet Donors*: no aspirin within 48 hours before donation.
- Most other meds are acceptable with no wait times, including: blood pressure or cholesterol medications, birth control, antidepressants, pain medications, etc.

Vaccinations:

- Influenza (flu) or COVID-19 vaccine/booster: No deferral unless symptomatic (deferred 3 days if so).
- MMR or Varicella vaccines: 4-week deferral.
- Yellow Fever vaccine: 2-week deferral.

Same HIV screening for all donors:

- 3-month wait for high HIV risk activities with new or multiple partners.



Common Travel Deferrals

3-month wait after visiting malaria-risk area:

- Malaria risk in Djibouti and Niger, certain areas/time periods in Afghanistan, Costa Rica, Saudi Arabia, Mexico, Dominican Republic, Seoul, and more.
- There's no malaria risk in Europe, UK, Turkey, Morocco, etc..

No more "Mad Cow" disease (BSE) restrictions for time spent in Europe/UK!