

MISSION CRITICAL

Make it Your Mission to Save lives

DONATE BLOOD

ASBP
Armed Services Blood Program

CAN I DONATE BLOOD?



First, in the past 14 days, have you or anyone in your household:

- come into close contact (within 6 feet, for a prolonged period of time) with anyone who has confirmed or suspected COVID-19?
- had symptoms that include: fever, cough, shortness of breath, or mild to severe respiratory illness?

In an abundance of caution, we ask you not to donate blood at this time if any of these apply.

General Guidelines:

18 or older | Weigh 116 pounds or more | Be free of cold/flu symptoms for at least 3 days.



Common Medical Deferral Questions:

- Tattoos **overseas** or the **following states** require a **3 month wait**: Connecticut, District of Columbia, Georgia, Idaho, Maryland, Massachusetts, Nevada, New Hampshire, New Mexico, New York, North Dakota, Oklahoma, Pennsylvania, Puerto Rico, U.S. Virgin Islands, Utah & Wyoming. Tattoos from all other U.S. states require a **7 day wait**.
- Most medications are acceptable, including aspirin, blood pressure or cholesterol medications, birth control, antidepressants, pain medications, etc. Wait **72 hours** after the last dose of **antibiotics** for an infection.
- **Blood transfusions** require at least a **3 month wait**.
- Wait **4 weeks** after an **MMR** or **Varicella** vaccination, **3 weeks** for **Smallpox**.



Common Travel Deferral Questions:

- Donors must wait **3 months** after travel (more than 24 hours) to countries with malaria-risk, like **Afghanistan**, **Djibouti** and **Niger**. Iraq, Kuwait, Qatar and Morocco do not require any wait time.
- Donors who were **south of Seoul, Korea** may donate immediately, but donors who traveled **north of Seoul** for more than 24 hours must wait **3 months**.
- Donors are indefinitely ineligible if they lived:
 - **1980-1996** in the **United Kingdom** for **3 months** or more
 - **1980-2001** in **France** and/or **Ireland** for **5 years** or more combined, ask for specifics.
- *There are no longer any restrictions for time spent in Germany, Italy, Spain, or any Western European countries other than those listed above!*

Find blood drives, make appointments

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Armed Services Blood Program - Europe

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