



## 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 the beginning of 1980 to the end of 2001, have you spent time that adds up to 5 years or more in France or Ireland?
- In the past 3 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 (3 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.*

State of Chiapas  
State of Chihuahua,  
Copper Canyon Area

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

### 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