

ARE YOU READY TO SAVE LIVES?

Eligibility requirements

Donating blood is safe and convenient when you are:

- In good health
- 17 years or older—16 with written parental consent (form at www.mbc.org)
- Weigh at least 110 pounds*
- Free of antibiotics for 24 hours, unless taken for preventative reasons
- Symptom-free for at least 72 hours following a cold or flu

Prepare for a great donor experience

- Wait approximately 3 months after making a whole blood donation before donating again
- Make iron-rich foods part of your daily diet:
 - Those who donate two or more times per year should consider taking an over-the-counter iron supplement
 - This is especially important for female donors
- Get a solid night's sleep before donating
- Eat a full meal within 6 hours prior to your appointment
- Avoid strenuous physical activity or heavy lifting for the rest of the day
- Make sure your body is fully hydrated—drink 16 ounces or more just prior to donating and plenty of fluids for the remainder of the day

General guidelines

To ensure the safety of our community's blood supply—safeguarding donors and recipients alike—certain restrictions apply to determine donor eligibility.

- Medical-related restrictions may include: uncontrolled hypertension; recent history of cancer, leukemia, or lymphoma; as well as risk of exposure to hepatitis, HIV, or AIDS; etc.
- International travel may defer you from donating if you have:
 - Traveled to areas endemic for malaria (3-month deferral)
 - Lived in a malaria-endemic area (3-year deferral)
 - Spent 5 years or more in France and/or Ireland from 1980- 2001 (indefinite deferral)
 - Spent 3 months or more in the United Kingdom from 1980-1996 (indefinite deferral)

There is no deferral for a tattoo or body piercing if it is in a licensed facility within a regulated state.

The need for blood is constant. The supply is not.

Call 1-888-GIVE-BLD or visit MBC.ORG to make an appointment to donate today.



MBC.ORG • 1-888-GIVE-BLD

Amy

Blood donations supported her through two open heart surgeries



*There are specific height and weight requirements for 16-18 year-old female donors. NOTE: The information provided here covers general guidelines established by Memorial Blood Centers and the Food and Drug Administration (FDA), the agency that regulates blood collection in the U.S. Conditions and restrictions governing blood safety and blood donation may change at any time. Please contact Memorial Blood Centers at 1-888-GIVE-BLD to verify eligibility.