



## Blood Donor Guidelines

### To qualify, donors must meet these FDA requirements:

- ◆ Be at least 17 years old (*no upper limit*), healthy, feel well on day of donation
- ◆ Weigh at least 110 pounds.
- ◆ No dental surgery within 72 hours prior to donation.
- ◆ Not currently taking antibiotics for an infection. Acne treatment is OK.
- ◆ Not taking the medications Accutane, Proscar, Propecia in the past 30 days.
- ◆ Not taking the medications Avodart or Jalyn in the past 6 months, Soriatane in the past 3 years, or ever taken Tegison.
- ◆ No travel to a malaria area in the past 12 months.
- ◆ No tattoos or permanent make-up within the past 12 months.
- ◆ Ear and body piercing is OK if done with sterile, single-use needles. 12-month deferral if other methods used.
- ◆ Cancer-free during the last year. OK if treated for localized skin cancer.
- ◆ Never used intravenous or IV drugs.
- ◆ No history of hepatitis after the age of 11. No close contact in the past 12 months with someone who has hepatitis.
- ◆ No history of HIV (AIDS).
- ◆ Cannot donate if you have:
  - Spent a combined total of 3 months or more in the United Kingdom from 1980 -1996.
  - Spent a combined total of 5 years or more in Europe from 1980 -the present (*including time spent in the UK from 1980-1996*).
  - Resided on a US military base in Europe for 6 months or more from 1980-1996.
- ◆ Male donors must not have had sex with another male (*even once*) since 1977.

**Prior to your donation, be sure to have something  
to eat and extra water to drink!**

**Questions about donor eligibility -OR- interested in supporting this important  
cause with your very own blood drive event, please contact Dave Keys:  
(310) 717-5996 • [KeysD@cshs.org](mailto:KeysD@cshs.org)**